

In view of the poor air conditions prevailing in Delhi these days, the school would like to advise the following steps:

1. Avoid two wheelers or any other open transport source, if possible.
2. Look for either N95 or N99 rated masks with a snug fit to filter out dangerous airborne particles. These masks are easily available online and in chemist shops.
3. Children suffering from respiratory or heart ailments are advised to remain at home until the weather conditions improve. If school cannot be avoided, they should carry their medicines/ inhalers with them or keep them in the school infirmary (for junior school students).
4. Avoid outdoor exercises during early morning and late afternoon hours. The school has suspended the morning sports practice and all other outdoor activities till the time weather improves.
5. Eat a balanced diet to improve the immune system.
6. Parents are urged to explain to their wards, the importance of staying indoors in these weather conditions.