

**DELHI PUBLIC SCHOOL, SAHIBABAD**



**Date: 27<sup>th</sup> April 2020**

**Dear Parents**

**Greetings of the day!**

**It is gentle appeal to follow our honourable Prime Minister Mr. Narendra Modi's instructions.**

**1. BE HYDRATED:**



Drink up to 10-15 glasses of water every day, to stay hydrated. Hydration will help flush out the toxins from the body and lower the chances of flu. Drinking more water and gargling with warm water or salt eliminates the virus from throat before reaching the lungs.

**2. USE HOME MADE COTTON MASK:**



You are advised to wear homemade cotton mask. They should be routinely washed depending on the frequency of use. Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

**Regards**

**DPS Sahibabad**