



# Rukmani Birla Modern High School, Jaipur

CIRCULAR/RBMHS/January/2020-21/03

13<sup>th</sup> January 2021

**Dear Students,**

As we gear up to welcome you back to school there are a few points that you need to keep in mind to keep yourself safe. This pandemic has been an unprecedented situation. In a situation like this it is normal to feel sad, worried, confused, scared or angry. Know that you are not alone and talk to someone you trust, like your parent or teacher so that you can help keep yourself and your school safe and healthy.

- Ask questions, educate yourself and get information from reliable sources.
- Protect yourself and others:
  - Wash/clean your hands frequently, (if with soap & water, then for at least 20 seconds.)
  - Remember to not touch your face, eyes, nose and mouth.
  - Do not share food or water with others.
- Tell your parent or another family member, or a teacher if you feel sick, and ask to stay home.
- Carry your personal safety kit which may have an extra mask, sanitizer, liquid soap and gloves
- Be a leader in keeping yourself, your school, family and community healthy.
  - Share what you learn about preventing the disease with your family and friends, especially with younger children
  - Model good practices such as sneezing or coughing into your elbow and washing your hands, especially for younger family members.
- Don't stigmatize your peers or tease anyone about being sick; remember that the virus doesn't follow geographical boundaries, age or ability or gender.

All the Best. May we all have a happy, healthy and a fantastic year ahead.

**Principal**