



Florence International School
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Circular

Health Advisory

Staying healthy in winter and fight with pollution

Winter is often a welcome change in India after our long, hot summers. Several health conditions are specifically associated with the climatic conditions during this season. We have prepared some tips to help protect you and your family from those illnesses most associated with winter and pollution.

Preventing colds, flu and infections

Colds and flu are very common in winter. Cause of cold and flu are viruses. Antibiotic are not suitable treatments for cold and flu because antibiotics target bacteria not viruses. Take steps to protect yourself from colds and flu this season.

To do this you need to:

- ❖ get immunized and protect yourself from flu
- ❖ cover your nose and mouth with a tissue when you cough or sneeze, or use your inner elbow
- ❖ throw tissues in the bin after you use them
- ❖ wash your hands often with soap and water, especially after you cough or sneeze
- ❖ clean surfaces and objects such as doorknobs, keyboards and phones regularly
- ❖ avoid touching your eyes, nose or mouth as germs spread this way
- ❖ try to avoid close contact with people who have a flu-like illness.
- ❖ eat nutritious food.
- ❖ keep yourself active.
- ❖ keep yourself warm.
- ❖ keep hydrated yourself.

If you have flu-like symptoms you should:

- ❖ Limit your outdoor activity, use mask to cover your face and nose, whenever you step outside.
- ❖ Limit contact with other people to keep them safe from infection.

No treatment will cure your cold, or make it go away more quickly, but if you get plenty of rest and stay hydrated you can expect to recover quicker.