

ST VIVEKANAND PUBLIC SCHOOL SADABAD

Circular 5/2026-27

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HEALTH AND WELLNESS CLUB

HEALTHY CHILDREN, STRONG NATION — TOGETHER FOR HEALTH, STAND WITH SCIENCE
PREVENTION OF SEASONAL & COMMUNICABLE DISEASES

Dear Parents,

As we enter the warmer months, health authorities across Delhi-NCR continue to highlight the presence of vector-borne and communicable diseases, making awareness and timely prevention more important than ever.

Recent data shows a significant decline in dengue cases—from over 9,000 in 2023 to approximately 1,400–1,500 in 2025. However, malaria has shown a rising trend, with over 700 cases reported last year, while chikungunya continues to persist in smaller numbers. Although early 2026 has begun on a positive note, these diseases remain highly seasonal and may escalate during the monsoon and post-monsoon periods, particularly due to mosquito breeding in stagnant water.

Alongside these, children are also vulnerable to seasonal viral infections, water-borne diseases, encephalitis, and heat-related conditions during this time.

✓ Do's:	X Don'ts:
<ul style="list-style-type: none">Ensure no water stagnation in and around the home, including in coolers, pots, and containers.Encourage children to drink clean water regularly and stay well-hydrated.Promote regular handwashing and personal hygiene.Ensure consumption of clean drinking water and properly covered food.Dress children in light, breathable clothing.Use safe mosquito repellents, especially during early morning and evening hours.Seek prompt medical consultation if symptoms such as fever, headache, vomiting, or unusual fatigue appear.	<ul style="list-style-type: none">Do not allow stagnant water to accumulate, as it promotes mosquito breeding.Avoid giving children uncovered food.Do not ignore early warning signs of illness.Avoid prolonged exposure to the sun during peak hours.Do not neglect adequate hydration in hot weather.

Hydration Advisory

In line with government directives, the school is reinforcing **hourly water reminders for students** to prevent dehydration during the warmer months. Parents are encouraged to continue this practice at home, as habits consistently followed in both school and home environments are more likely to become part of a child's routine.

Together, through awareness, consistency, and shared responsibility, we can ensure a safe and healthy environment for our children.

"Informed actions today safeguard our children tomorrow."

Dr Jagdish Sharma
(Principal)

Kindness, Resilience, Respect



Distribution

All Teaching Staff Website, File Staff Welfare Group