



Medical Guidance

1. All parents are requested to impart health education to their children regularly and take care of the following points :

- Maintain personal hygiene and cleanliness. (trimming of nails, regular hair cut, etc.)
- Ensure that they sleep eight hours a day.
- Ensure that they exercise daily.
- Have a balanced diet, nutritionally rich in proteins and milk.
- Drink water which is either boiled or filtered. All students are advised to bring their own water bottles from home.
- Avoid consumption of ice-creams, other milk products and eatables from road-side vendors.
- Deworm all children at least once every year (advice to be taken from the family physician).
- Get a dental and an ophthalmic check up done once in every year.

2. Precautions to be taken during/after any contagious disease :

- A student returning to school after suffering from an infectious or contagious disease should produce a doctor's certificate of fitness permitting him/her to attend the school.
- Students suffering from the following diseases must observe the prescribed period of quarantine before returning to class :

Chicken Pox	Till the scabs fall off completely
Measles	Two weeks after the rash disappears
Whooping cough	Six weeks
Cholera	Till the child has recovered completely
Mumps	Until the swelling has gone
Jaundice	Six weeks

- Students suffering from infectious diseases like Conjunctivitis, Dermatitis, Scabies, etc. should not be sent to the school.
- Students suffering from chronic diseases like Asthma, Epilepsy, Rheumatic, Heart Disease, etc. are advised to be under continuous medical supervision of a Specialist Doctor. History of their illness must be filled up in the IVPS Almanac along with the details of the treatment being taken.