



**AMANORA
SCHOOL**



CIR/25/2025-2026

Date: 23rd September 2025

Communicable Diseases

Dear Parents,

This is a health and safety advisory, which is being issued to safeguard the health and safety of all our students and staff members in light of the outbreak of many contagious diseases like Monkey Pox, Hand Mouth Foot Disease, Tomato flu, etc. which are now reported in various parts of our country.

As the threat of these communicable diseases looms large globally, the CDC and Ministry of Health and Family Welfare has issued guidelines on management of these diseases and create awareness, prevention and care. (Website links in the annexure)

We, as a responsible institution, are conscious of the need to take preventive and precautionary measures in the interest of our learners without creating undue panic. We also assure you that the highest standards of hygiene, awareness drive and precautionary measures being implemented at the school in interest of the safety and well-being of the entire school community.

In the light of the seriousness of the issue, we request your support in the following;

- a) Refrain from sending your child to school even if you find mild symptoms such as cough, fatigue, body pain, rashes/blisters on skin, headaches, fever or any flu-like illness. If your child develops any of these symptoms, it is important that they **stay away** from school till the symptoms subside.
- b) Ensure your child comes to the school with a properly fit facemask and carry a small sanitiser bottle to use.
- c) Ensure good personal hygiene habits of your child. Efforts to drive healthy eating habits and food that boost immunity will go a long way in ensuring long-term health benefits.
- d) Always seek the advice offered by a registered Medical practitioner and submit **fitness certificate** to the school on the first day when child joins after illness.

We hope this information will help all of us in keeping ourselves and our community safe.

Warm regards,

Amanora School



Ms. Meera Nair
Director-Principal

Annexure:

Monkey Pox-

CDC <https://www.cdc.gov/poxvirus/monkeypox/index.html>

Hand Mouth Foot Disease

<https://www.cdc.gov/hand-foot-mouth/index.html>

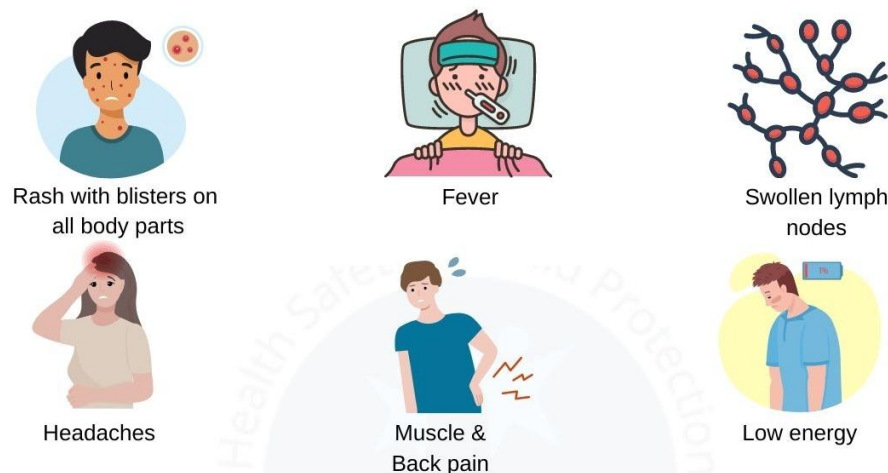
Tomato Flu:

<https://www.prevention.com/health/a40979387/what-is-tomato-flu/>

MONKEYPOX

Monkeypox is a zoonotic infection caused by the monkeypox virus. It is an orthopoxvirus virus that is very related to smallpox. This virus was contained to a few countries in Africa, but nowadays cases started appearing around the world. As of May 25th 2022, there are reported & confirmed cases of around **220** and suspected **90** cases. The incubation period of this disease is between **5 to 21** days. Symptoms can be mild to severe and the lesions can be very itchy or painful. The good news is the risk to the general public remains very low and there is a vaccine available for targeted vaccination of close contacts if required.

SYMPTOMS OF MONKEYPOX



MONKEYPOX TRANSMISSION



HOW TO PROTECT YOURSELF FROM MONKEY POX



HAND, FOOT AND MOUTH DISEASE

Hand, foot, and mouth disease (HFMD) is a very contagious viral infection. It's caused by viruses from the Enterovirus genus, most commonly the coxsackievirus. This is an infectious disease that occurs most commonly in infants and children younger than 5 years old, but can also occur in adolescents and occasionally in adults. In most cases, the disease is mild and self-limiting. Most children have mild symptoms for 7 to 10 days. The virus usually clears up on its own.

SYMPTOMS OF HFMD



Fever & flu



Rashes on hands & feet



Mouth sore



Decreased appetite

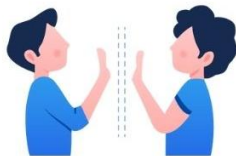


Drooling



Irritability

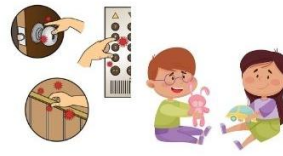
TRANSMISSION OF HFMD



Person-to-person contact



Respiratory droplets



Contaminated surfaces and objects

Cent Ref/CDC / WHO

PREVENTION OF HFMD



Hand washing /Hand sanitisation



Clean and disinfect



Avoid touching eyes, nose, and mouth



Avoid close contact with sick people



Stay home if you are sick with symptoms of HFMD

INFLUENZA (FLU)

Influenza (flu) is a viral infection that attacks the respiratory system. It is a highly contagious disease and is normally spread by the coughs and sneezes of an infected person. Flu is different from a cold. Flu usually comes on suddenly. For most people, influenza resolves on its own. But sometimes, the complications can be deadly. These are more common in children than in adults. The onset of symptoms are seen **1-4 days** after the infection.

WHO ARE AT HIGHER RISK



Children under
Age 5



Adults above
65 years



People With
Chronic Illness



Pregnant
Women



People with weak
Immune System

SYMPTOMS



Sore Throat



Muscle or body
aches



Headaches



Fever/
Feverish chills



Cough



Sweats



Running Nose /
Nasal Congestion



Fatigue/Tiredness

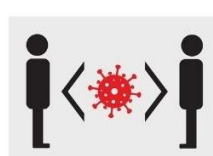
CARE & TREATMENT



Consult a Doctor



Cover coughs/
sneezes



Limit close contact
with others



Avoid touching your
eyes, nose, and mouth.



Hand Hygiene



Plenty of
Rest



Drink Plenty
of Liquids



Intake Vitamin C
Rich Food



Flu
Vaccination