



BITL
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start a legacy, leave a legacy

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Dear Parents and Guardians,

We hope during this dire situation you are staying safe and informed. The school would like to remind you that each life matters, hence simple self-awareness is very important at this time.

The effect of the new coronavirus ailment, COVID-19, is being felt throughout the world. With scores of misinformation being spread, it is essential to receive and share correct information, so you can find a way to guard yourself and those around you.

Prevention Tips:

- Wash your hands with soap and water for 20 seconds.
- Avoid touching your face, eyes, mouth, and nose.
- Avoid contact with people who are vulnerable. If you cannot, wear a mask.
- Cover your cough with the bend of your elbow.
- Disinfect surfaces you regularly use.
- If you feel unwell, stay at home and call your healthcare provider.
- Only share information from trusted sources.

Instead of worrying, one can take some simple steps to observe if there are any relevant symptoms.

Common Symptoms:

- Fever
- After 2 - 7 days, development of a dry cough
- Mild Breathing Difficulties
- Gastrointestinal Issues
- Diarrhoea
- General Body Aches

Severe Symptoms:

- High Fever (100.4 'F or Higher)
- Pneumonia
- Kidney Failure
- Death

Avoid the activities below, in order to prevent any deadly transmissions:

- Cough/sneezes from and/or close contact with an infected person
- Touching contaminated objects

Lastly, please keep in mind; together we are stronger - it is always okay to ask for help from reliable friends whenever we need them.

Thank you for your cooperation. Stay safe and help stop the spread.


Ms Lubna Choudhury,
Founder Principal and Chairperson