

8th May 2023.

Dear Parents/Guardians,

This letter is to inform you that there is now a Rotavirus outbreak on Mahe, and the MOH has also published an article about the virus, safety measures, and treatment.

The most common age group for rotavirus infection is children under the age of five. Adults can also have it, but it normally doesn't get as bad.

The best defense against rotavirus, particularly in young children, is vaccination. Washing your hands frequently, especially before eating, can also help prevent spreading. Children's hygiene is directly correlated with the parents' personal hygiene.

The rotavirus is found in infected people's stools (Poop), and it can be spread by hands, soiled diapers, doorknobs, toys, and toilets that have a tiny bit of poop or stool on them.

Please take your child to the nearest district health center if you see any of the following symptoms.

- Has diarrhea lasted longer than 24 hours?
- Frequently throws up.
- Has bloody or pus-filled or dark, tarry, or bilious stools.
- Is at least 102 F (38.9 C) temperature.
- Appears worn out, agitated, or in pain.
- Displays signs or symptoms of dehydration, such as a dry mouth, dry eyes, infrequent urination, unusual tiredness, or inability to respond.

The best course of action is to wash your hands twice with soap after cleaning your child and changing their nappy. Another way to stop the virus from spreading is by washing your hands before entering the kitchen and eating.

Our students at school wash their hands before and after snacks and lunch. We did our best to maintain the cleanliness of the school at all times, but we encourage parents to inspect the surroundings of their children at home as well.

Rotavirus is caused by a virus not bacteria, so antibiotics won't help your child feel better. Keep your child hydrated, feed him/her small meals frequently, and offer him/her lots of fresh juices and soups.

Sugary or fatty foods and sugary liquids should be avoided since they can worsen diarrhea.

To help your child recover from this infection, please remain composed and give them lots of rest.

We don't have any students who have experienced those symptoms in our school, like with anything else. Please let's hope for the best!

Warm regards,
Mrs. Verma.