MP Jugal Kishore Sharma, in his address, said that the teachers and parents are the real pillars of our education system, as the role of the teachers and parents is vital in shaping the child’s life. He said that the role of the teachers and parents is crucial in providing a good foundation for the child’s future.

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**Influenza “A” (SWINE FLU)**

Influenza “A” (swine flu) is transmitted from human-to-human by infected particles in the air and can be transmitted by pigs.

**PRECAUTIONS**

1. Cover your mouth and nose with a handkerchief / tissue while coughing and sneezing and do not spit used cloths.
2. Keep your hands clean. Wash your hands frequently with soap and water.
3. Avoid close contacts, place at least 1 meter or 3 feet away from anyone who is sick.
4. Avoid shaking hands, hugging, or kissing on the cheek. It is not recommended to spread the virus through physical contact.
5. Drink plenty of water to stay hydrated. Drink at least 8 glasses of water a day.
6. Maintain good hygiene habits, such as washing your hands with soap and water regularly.
7. Avoid going to crowded places. Avoid going to crowded places.
8. If you have a fever, cough, sore throat, difficulty in breathing, Body Aches, Headache, Diarrhoea, Vomiting, consult a doctor.

**SPECIAL NOTE:** SEEK MEDICAL ADVICE IN CASE OF ABOVE SYMPTOMS

**Influenza A/H1N1** is transmitted from human-to-human by infected particles in the air and can be transmitted by pigs.