



COLD PREVENTION



Protect yourselves at the onset of the cold season and embrace it at its end for the cold has the same effect on bodies that it has on trees.

The arrival of the cold season burns trees [causing their leaves to fall] but the end revives them [with fresh leaves].

الكلام:
تَوَقُّوا الْبَرْدَ فِي أَوَّلِهِ وَتَلَقَّوْهُ فِي آخِرِهِ
فَإِنَّهُ يَعْمَلُ فِي الْإِبْدَانِ كَمَا يَفْعَلُ فِي الْأَشْجَارِ
أَوَّلُهُ يَحْرِقُ وَآخِرُهُ يُورِقُ

Dear Parent,

Please be informed that Al Jamea Tus Saifiyah - Nairobi opens during the wet months. These weather patterns come with infections from communicable diseases, notably influenza virus. Most of the viruses have a seasonal pattern. Influenza incidence tends to be highest in Kenya during a broad wave that mostly corresponds with the southern hemisphere winter, with peaks in March-April, October-November and cold month of July.

While the weather is not directly responsible for catching a cold, factors like lower temperatures and dry air can allow viruses to spread with more ease.

Mahal us shifa therefore, looks at prevention of the flu virus. We advise the students to adhere to the following



Flu shot – covers for one year



Vicks VapoRub ointment or any suitable substitute



Facial steam sauna or any other steam

substitute this can be purchased on the following link:

https://www.amazon.in/Aastha-Facial-Sauna-Vaporiser/dp/B06VXR72X5/ref=sr_1_9_mod_primary_new?crd=1XIQIL3TCWAXF&keywords=AASTHA&qid=1675669684&sbo=RZvfv%2F%2FHxDF%2B05021pAnSA%3D%3D&srefix=aastha+%2Caps%2C283&sr=8-9

