



HELPLINE SERVICES

FIRE	101
AMBULANCE	102
POLICE	100
WEST DELHI	2544 1909
(CONTROL ROOM)	2592 6110
(BOMB DISPOSAL SQUAD)	2615 2709
POLICE POST	2526 8394
MIANWALI NAGAR	2526 7286
PASCHIM VIHAR	
RAILWAY ENQUIRY	
GENERAL	131, 125050
RESERVATION STATUS	1335
I.S.B.T. GENERAL ENQUIRY	2386 8836
D.T.C (Peeragarhi Depot)	2526 5883
AIRWAYS ENQUIRY	
DOMESTIC (TERMINAL 1)	
IGI AIRPORT	2567 5121, 2567 5301
GENERAL ENQUIRY	1400
RESERVATION	1407
NCERT	2656 0464
CBSE	2250 9252
MORNING ALARM	116 + TIME (00.00)
NEAREST NURSING HOMES/HOSPITALS:	
JAWA NURSING HOME	2526 3932, 25264252
SPARSH HOSPITAL	2526 1316, 2526 8036
MAHARAJA AGRASEN HOSPITAL	2510 6645/46/47
MALIK HOSPITAL	2527 2839

Emergency Phone Numbers

➤ Ambulance	:	102
➤ CATS	:	1099
➤ Pediatric helpline (Sir Gangaram Hospital)	:	9810084074
➤ School Medical Officer Number	:	9811218744
➤ Poison Control Centre (AIIMS)	:	26589391
➤ Police	:	100

Isolation Guidelines for Infectious Diseases

Chicken Pox: In uncomplicated chicken pox the child may attend the school once the rash has crusted.

Mild cases: 7-10 days
Severe Cases : several weeks

Measles : At least five days after appearance of rash.

Mumps: 9 days from the onset of paroted swelling.

Pertussis: Five days after initiation of erythromycin therapy.

Hepatitis A: Can mix with children after 1st week of illness but should return to school only after recovery.

Typhoid: Can join few days after temp has returned to normal.

Saving a life

Four links in the chain of survival are:

- a) Early Access: Call First- call fast. Get to the cardiac arrest casualty quickly and call 1099 for an ambulance.
- b) Early CPR: Cardiopulmonary Resuscitation (CPR) performed by a first Aider on a cardiac arrest patient can buy life saving time.
- c) Early Defibrillation: It is the third and perhaps most significant link.
- d) Early ACLS: Advanced Cardiac life support is provided by ambulance, paramedics and other highly trained medical personnel.