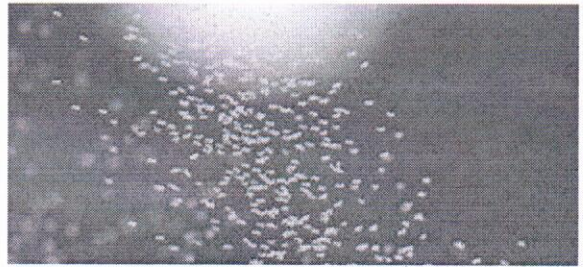


## NOTICE: Mustard Midges are in the Air Again

1<sup>st</sup> February, 2018

It is again the time of the year when you have the tiny mustard midges (locally known as the moyla – मोयला) swarming the air and getting into the eyes.

This is a gentle reminder that those who need to walk, run, cycle or ride their bikes in the open, must make use of a big pair of transparent goggles to protect the eyes. It is also a good idea to wear a dark (black) head-dress or scarf as the midges are usually attracted towards bright colours like yellow and even white.



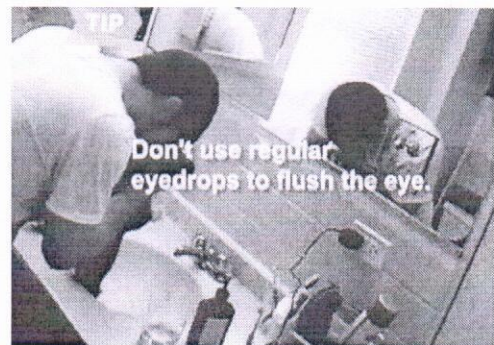
However, in case an insect gets into your eye, you can try the following steps to remove it:-

- Wash your hands with soap and warm water for at least 30 seconds.
  - Fill a small drinking glass with water.
  - Rest the rim of the glass on the bone located at the base of your eye socket.
- Pour the water into your eye to flush out the insect.



- Don't rub your eye, as you may lodge the insect further and irritate your eye.

- See a doctor if you cannot remove the insect on your own or with help. Cover your eye with a paper cup or eye shield until your appointment.



Principal, DAV HZL Senior Secondary School, Dariba