



DAV PUBLIC SCHOOL, SECTOR 49,
UPPAL'S SOUTHBEND, GURUGRAM
HEALTH BULLETIN - JANUARY - 2026
FROM
THE DOCTOR'S DESK

Dear Parents and students,

Happy New Year and Welcome back to school!!

Dogs are often called "Man's best friend". Many are friendly, loyal and part of our families but sometimes, a dog may bite especially if it feels scared, threatened or sick. Knowing how to prevent dog bites and what to do in such a situation can keep you safe and prevent Rabies (a fatal viral disease caused due to dog bite).

The World Health Organization (WHO) and its partners aim for 'Zero by 30' i.e., zero human deaths from dog-mediated rabies by 2030.

Increasing public awareness is a critical step in reducing dog bite incidents. Effective awareness campaigns involve a multi-pronged approach targeting both dog owners and the general public.

So, in this bulletin, let me help you understand how to prevent and manage a case of a dog bite.

How to Prevent Dog Bites-

Do's

- Always ask permission before touching someone's dog.
- Be calm and gentle around dogs.
- Let a dog sniff your hand first before petting it.
- Walk away slowly if a dog is growling or barking.

Don'ts

- Do not tease, hit, or throw stones at dogs.
- Do not disturb dogs while they are eating, sleeping, or caring for puppies.
- Never try to separate fighting dogs.
- Never approach stray dogs, even if they appear friendly.
- Avoid playing in areas where dogs congregate.



If a Dog Bites – What To Do Immediately

1. Do not panic.
2. Wash the wound immediately with soap and running water for at least 15 minutes.
3. Do not apply turmeric, oil, chili, or home remedies.
4. Inform a teacher, parent, or guardian immediately.
5. Visit a doctor or hospital as soon as possible, even if the wound looks small.



Management of Dog bite (Hospital)-

The dog bite treatment depends on the severity of the bite and the risks associated with it. The management of the dog bite is based on which category it belongs-

WHO Bite Exposure Categories:

Category	Exposure Type	Recommended Treatment
I	Touching, feeding animals, licks on intact skin	No treatment if reliable history
II	Nibbling of skin, minor scratches without bleeding	Wound care + Rabies vaccine
III	Bites/scratches with bleeding , saliva on broken skin	Wound care + Rabies vaccine + Rabies Immunoglobulin (RIG)

Note: All bites by **wild animals** and in **forest areas** are considered **Category III**.

1. Wound Care /Post-Exposure Prophylaxis (PEP)

After any suspected rabies exposure (e.g., dog bite or scratch), *immediate cleaning of the wound* with soap and water, followed by medical (antibiotics and Tetanus injection) or surgical care (suturing if needed)

2. Anti-Rabies Vaccine-

Anti-rabies vaccines (ARV) are given after exposure to trigger the immune system and prevent Rabies infection.

The course for Post Exposure Prophylaxis consists of five injections, intra muscular (IM), one dose each given on 0, 3, 7, 14 and 28 days. Day 0 indicates the date of administration of first dose. Deltoid region is ideal for administration of these vaccines.



3. Rabies immunoglobulin (RIG) –

It helps neutralise the virus *right at the wound site* before the vaccine starts working — especially important for severe bites.

IMPORTANT REMINDERS

- Prevention is always better than cure.
- All dog bites are medical emergencies.
- Never delay medical treatment.
- Never skip or delay vaccines advised by the doctor, Rabies vaccination is life-saving.

Anti-Rabies Day is celebrated globally as World Rabies Day on September 28th

DON'T FEAR, BE AWARE