

STATE TIMES

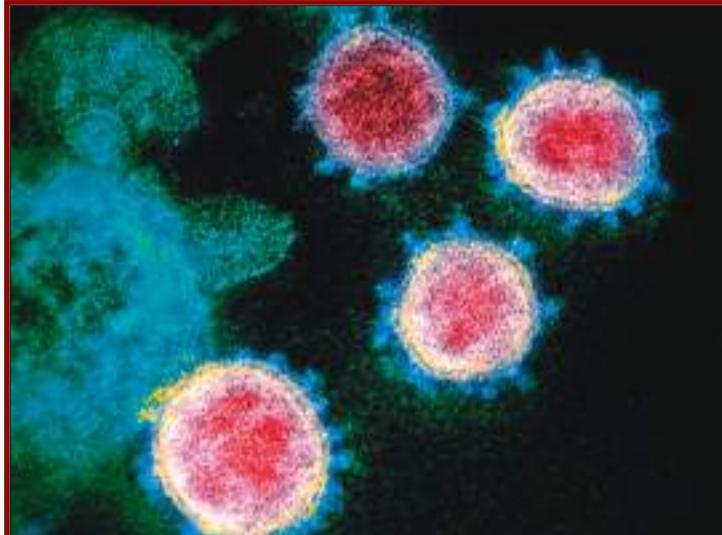
SUNDAY

Your Companion for a Funday

PROTECT YOURSELF FROM COVID-19



Coronavirus symptoms: How long does it take for Omicron symptoms to appear?



The newly discovered Omicron variant of COVID-19 is spreading at a rapid pace in different parts of the world, including India. The country reported 175 new cases of Omicron variant in the morning taking the total tally of people infected with this new strain to 1892. Although the symptoms of Omicron are believed to be milder than that of Delta, the rising cases have stirred fear and panic among people, raising concern over the third wave of the coronavirus. Yet it is too early to say anything about the complications related to Omicron infections and the effectiveness of the vaccines as the strain is relatively new and not much data is available on it. Looking at the current scenario, the best possible solution is to follow COVID norms and get vaccinated to reduce the risk of infection.

Symptoms of Omicron

When infected with the new mutant variant, the individual experiences more or less the same symptoms as witnessed when infected with the original strain or the previously mutated virus. The first few symptoms of Omicron are mild fever, fatigue, scratchy throat and body pain. Loss of smell and taste, which was a common ailment during the infection with Delta variant is not associated with omicron. As far as, post-infection complication of the new variant of concern goes, no infor-

mation on this matter is available till now. Researchers are still trying to gather more data on this new strain that originated in South Africa just over a month ago.

How long do COVID symptoms take to show?

With the relaxation of COVID norms, the movement of people has again started across the country. There is a risk of getting infected if you are regularly going out and not following COVID norms diligently. Once infected with COVID-19, a person may start showing symptoms within five to six days. In some cases, it may even take 14 days.

However, a sick person starts infecting others from around two days before the onset of the symptoms and for up to 10 days after it. Even in case of Omicron, the symptoms can show up any time between 3 and 14 days of infection. As reported earlier, symptoms of Omicron do not appear faster than other variants.

Preventive measures you should take

If you have come in contact with anyone who has tested positive for COVID-19, immediately isolate yourself. Stay away from others for at least 10 days to reduce the risk of infection. In the meantime, get yourself tested. Even if you are vaccinated or have been following all the COVID norms, isolation is essential to protect your

loved one from the risk of infection. If you witness any symptoms related to COVID-19 during the isolation period, contact your doctor to know the further course of action.

What are my testing options?

There are several testing options available at present to confirm the COVID-19 infection. You can test at home with a rapid test purchased from a pharmacy as it can help with an instant result. But the result may not be accurate all the time depending on how you have carried out the entire process. For sure, we would recommend you to get an RT-PCR test at a lab. Lab test is more accurate but may take 48 hours to get the result.

Why do you need to be more careful

With the drop in the temperature, there is a double threat of respiratory infections in the form of COVID and influenza. Both the conditions are related to the respiratory system and are caused by different viruses. If infected by both the situation can get worse as our body might find it harder to fight both viruses at once. So, it is best to avoid crowded places, wear a mask, maintain hygiene and get yourself vaccinated to cut down the risk of infection.

How much freedom should parents give to their teens?

When kids grow up, parents need to give them some freedom to live their life as they want. It is an essential step of the parenting journey, which helps the kids to learn and grow. Giving your kids enough freedom helps them to become independent and differentiate between right and wrong. At the same time, you must impose some restrictions to protect them from taking any wrong decisions or going the wrong way. It brings us to the question of how much freedom you should exactly give your child.

Giving an appropriate amount of freedom helps to prepare your kid for adolescence. While it is common for parents to get confused about the amount of freedom they should give to their kids, the answer varies from person to person. What is the age of your child, how mature he/she is, the amount of family support they have, what are their past experiences, how responsibly they act in a given situation and others.

Many times kids are good at identifying genuine people or due to past traumas are not able to handle some specific situations well, in that case, they need their parent's constant guidance.

Things you need to keep in mind when making a decision

There are no set rules when it comes to giving freedom to your kids. You'll have to take several things into consideration before

deciding the rules for your little ones.

Here are some tips that may help make the right decision.

Consider the age:

Allow only those things which are appropriate as per the age of your child. If your kids are just 16 years old, do not allow them to stay late at night or drive a car without a license. Tell them to wait for a few more years to avail certain privileges.

Set clear limits:

When kids ask permission for something, before allowing them to set clear rules and consequences of overstepping the rule. It will help them act responsibly. When they go out, fix time to come back, and limit the time they spend with their friends. Also, lay clear rules about study time and other activities.

Implement consequences for breaking rules:

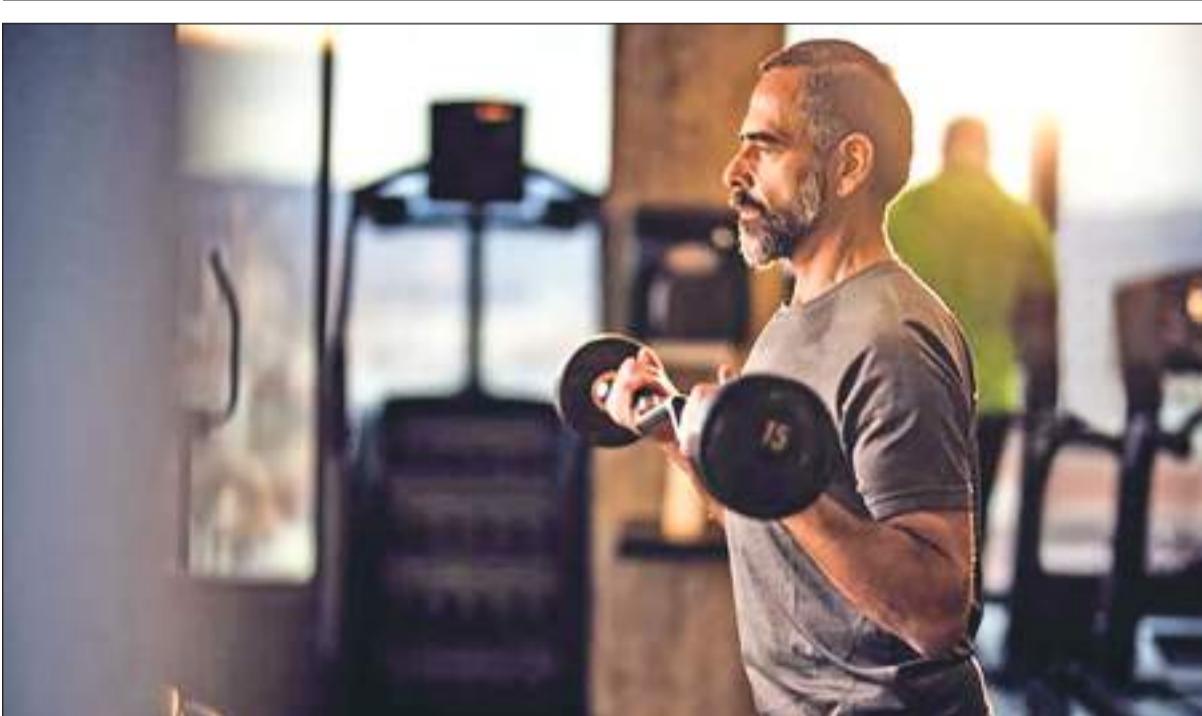
When your kid breaks any rule or limit make sure you take appropriate actions. If you do not act at this time, they will repeat the mistakes time and again. You can assign them additional tasks or limit their outdoor activities if required.

Link their freedom with responsibilities:

To make your kids more accountable, link their freedom with responsibilities. Give them household work to do, pay the bills and bring groceries. It will also help them make responsible choices.



Hack ageing in your 40s with these simple tips



Getting stiff on the neck? Feeling drained out of energy? These are the acute signs of unchecked ageing or in simple words letting ageing take its course without putting a check on it. Biologically, ageing starts when your body begins going downhill. It can start as early as in one's 30s or even late 30s or early 40s. No one knows why they get older but at a certain age everybody regrets neglecting their health and habits and giving a free space to ageing. So, here are few tips to put a bar on speedy ageing and if followed religiously can pave the way for healthy ageing.

Physical activity

As per National Institute of Ageing (NIA), US Department of Health and Human Services, exercise and physical activity are the cornerstone of almost every healthy ageing program. "Scientific evidence suggests that people who exercise regularly not only live longer, they live better. And, being physically active — doing everyday activities that keep your body moving, such as gardening, walking the dog, and taking the stairs instead of the elevator — can help you continue to do the things you enjoy and stay independent as you age," says NIA.

Yoga

Though many consider it to be a form of physical activity, Yoga is more a holistic fitness approach to health, and spiritual growth of a human body. It is a form of spiritual discipline that brings harmony between the mind and the body. "The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature," says Dr Ishwar V Basavaraddi, Director Morarji Desai National Institute of Yoga (MDNYI). A healthy mind is the key to a healthy body.

Sleep

Every individual, especially those above 18 years of age, should sleep for 7 hours at least, says the Centers for Disease Control and Prevention (CDC). "Although the amount of sleep you get each day is important, other aspects of your sleep also contribute to your health and well-being. Good sleep quality is also essential," it says.

Eat Healthy

After you reach your 40s, you need to adopt a food path that can provide you wellness, nourishment and fulfillment. Your food plate should have more variety than before and as an individual who is now aiming for healthy aging, you need to watch what goes inside your body. Include antioxidants to your food as these have proven benefits against heart diseases and cancer. Up your water intake to flush out toxins and rejuvenate the skin and cut on your fat intake. Or if you any medical conditions or are medicated, then please take suggestions from your doctor and prepare a customized diet chart.

Weight Check

While adopting healthy habits is a good practice, one should also keep an eye on body weight. One should never get into the wrong assumption that being thin is healthy, instead one should understand the optimum body mass index (BMI) required for a certain age. As per a research study done on 1190 men and 751 women of the Baltimore Longitudinal Study of Aging, women with low BMI had an increased risk of mortality. "Those are possible reasons why some scientists think maintaining a higher BMI may not necessarily be bad as we age," says NIA.

Medical Checkup

Another important approach to a healthy life is to know your body routinely. Follow a routine medical check up in regular intervals. Keep a record of whatever your doctor suggests and recommends and follow it diligently.

