

STATETIMES

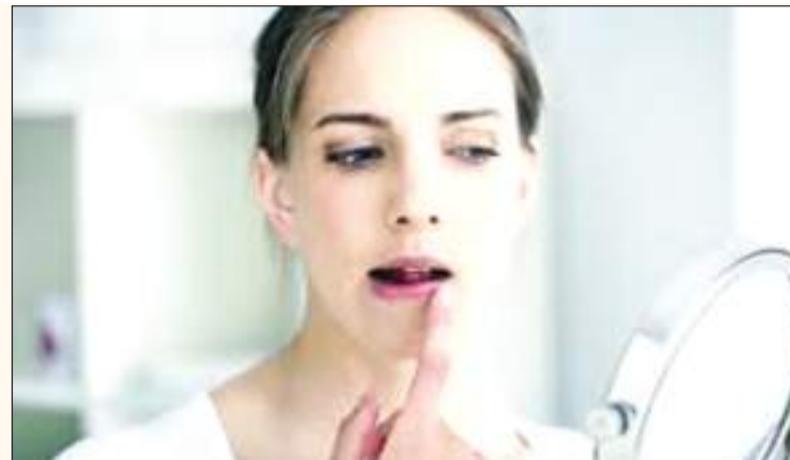
SUNDAY

Your Companion for a Funday

PROTECT YOURSELF FROM COVID-19



Coronavirus: Experts say these 4 signs of COVID are found on the skin



While we have discussed about COVID symptoms and post-COVID signs, we have ignored the visible signals that might be a warning of the onset of the disease or a residue of the infection. COVID-19 is an infection of the respiratory tract, but after invading the human body it triggers a number of complications and after its evasion from the body it leaves a mark of its attack which remains within the body for months. The latest variant of the coronavirus which is responsible for the majority of the infections globally is the Omicron variant. This super spreader variant of the coronavirus is not only responsible for rapid transmission it is also notorious for putting the body through a range of complications even after completing its due course of infection. Of the many symptoms of Omicron variant infection that is seen in the human body, there are few that can be seen on the skin, researchers have found.

COVID toe

In this case, toes can appear red or purple, similar to inflammation. Toes can be itchy too. Its occurrence was predominant during the coronavirus infection caused by the first variant, Alpha variant. "Many people don't feel anything and only realize that they have COVID toes when they see the discoloration and swelling on their feet (or hands). Along with the swelling and discoloration, COVID toes can also cause blisters, itch, or pain. Some people develop painful raised bumps or areas of rough skin. Others may see a small amount of pus under their skin. Sometimes, people who have COVID toes have other symptoms of COVID-19," says the American Academy of Dermatology Association.

Chapped lips

Many COVID infection symptoms overlap with that of the common cold ones, and chapped lips is one of them. If you have chapped lips or sore lips, it can be said that you might have had COVID in the past or are going through post-COVID condition.

Dry Skin

Though there are several medical complications which dry out one's skin, COVID's association with dryness of skin has been seen in many patients, experts have said. Usually the skin gets drier and is itchy. It can appear during the infection or can linger on the skin for months after the infection.

Hives rash

This is usually a common occurrence when the body is exposed to any of its allergen. Dermatologists have said patients with COVID-19 develop a rash that looks like hives. If you see any such rashes on your skin, without being exposed to any allergen, it can be said that you have already been exposed to coronavirus.

According to experts, itchy bumps, pinpoint spots, blisters like those seen in chickenpox, flat spots, lace like pattern are also seen in many patients with COVID infection.

Children of these zodiac signs are extremely impressionable

It is often said that children's minds are like wet cement; whatever falls on them leaves an impression. The statement is extremely true and probably that's why parenting is one of the hardest jobs to do. One has to be extremely careful with what they project on their children because children learn by observing and imitating. Not to forget, they internalize all kinds of behaviours that they see during their formative years and often end up exhibiting them as grownups. It is extremely important to make sure that you set the right examples for your child to follow in everyday life. According to astrology, some children are more impressionable as compared to others.

Here are five zodiac signs, children belonging to which should be treated with extra care.

Gemini

Gemini children are inquisitive, curious and love to explore things for themselves. Their quest for knowledge and love for new things is popular among zodiac enthusiasts and they are very keen observers. Children belonging to this zodiac sign are impressionable and also tend to get influenced by new patterns and behaviors easily. It is thus important to be circumspect with a Gemini child around.

Cancer

The mother of the zodiac, Cancer, is ruled by the Moon. The moon governs emotions and moods. Children belonging to the Cancer zodiac are extremely emotional and impressionable, especially when it comes to family and those who they consider to be close to them, emotionally and mentally.



Libra

Libra is represented by the scales and seeks balance in life. In their quest for balance, they often end up thinking for long periods of time and end up confused. This vacillation is a trait that is often associated with Libra.

Their minds are quite impressionable, especially during their childhood. It is thus imperative for you to make sure that you are putting forward healthy behavioral patterns in front of your Libra child.

Sagittarius

Sagittarius is the quintessential child that is governed by the values of free play, freedom and spontaneity. Adults belonging to this zodiac are often associated with children and the qualities that they exhibit.

Children belonging to this zodiac sign are much more impressionable and mostly take on behaviours that they witness, spontaneously. It is advisable to engage your child in meaningful activities and foster desirable qualities within it.

Aquarius

Even though Aquarians are mostly associated with strong personalities and firm opinions, they are actually quite impressionable as children and take up behaviors and attitudes that they witness only to cling to them in future.

Fixed signs as they are, they have a hard time giving up habits and opinions that they develop at an early age which makes it even more important to inculcate positive values and healthy behavioral patterns.

Micro-habits that'll boost your work productivity



Believe it or not, every little habit or action of yours affects your productivity levels in many unexpected ways. Now that work has shifted to home for many employees, it can become more difficult to keep up with high levels of productivity. But employees can also boost their work productivity when working in the comfort of their home. Here are some habits you can incorporate to boost your work productivity at home.

Take walks in between

Taking walks in between your work hours for 5 minutes at least will clear up your mind enough to work more efficiently. The walk will unlog your brain of all the work clutter. If you treat these walks as little breaks in between your work hours, then you will get a lot of work done faster and better.

Turn off email notifications during non-working hours

One of the biggest mistakes employees make is to answer emails during their non-working hours which makes it difficult to enjoy the time off. As a result, they are unable to distract during their time off and they end up getting burnt out more

than often.

Organise everything

Organising work makes it all so much easier. There are organisational apps that schedule and organise your work for you when you input details of your work. Preparing your schedule the night before also allows you to keep track of time and your work.

Don't deprive yourself of sleep

This cannot be stressed enough on how important this is to stay mentally alert and prepared. Don't force your body and mind to work harder when it can't, especially when you are running behind your sleep schedule. Once you catch up to a healthy sleep cycle, you can see the difference in how quickly and efficiently you can work.

Fix a time only for important tasks

Keeping some time aside for some of your important work will allow you to acutely focus on a single task. Suppose you fix 4 PM to 5 PM only to solve the most important work of the day. This will do wonders for your concentration skills.

Promises you can make to yourself for a successful career



A successful career can be built with a lot of determination, hard work and when you dream big. Not everybody has the courage to dream big and go after it, as many limitations pave as adverse obstacles on the road to success. It is at this point, a person can persevere and strive to achieve their goals no matter what and that is the true definition of being a motivator and a successful person. Now that 2022 is approaching, we bring to you some promises that you can make to yourself so that you can have a successful career.

Live by your own definition of success

You can often get confused by what success means. For others, it may be fame and wealth, but it can mean something different for you. Don't let society determine your terms of success. Achieving a tiny goal is also success by all means.

Follow your own standards

Don't live by what others expect of you. You will never be truly happy and successful because doing things that others want from you will only distance

yourself from your true, inner self. 'What do you want?' ask yourself this and go after it.

Setting goals

Promise yourself that you will always set goals for yourself that allow you to be the best version of yourself. Setting goals in your life will help you to be organised and follow a routine that'll direct you towards success.

Follow a disciplined life

It is very necessary to lead a disciplined life so that you have a rhythm to follow religiously. Wake up early, follow a routine and don't stray away from your path. It is all about maintaining a successful lifestyle.

Don't avoid pain and hurt

Fear, hurt and pain are all parts necessary to experience all aspects of life. The bitter and sweet feelings, both contribute to your life. Each moment teaches you something or the other that prepares you for the next adventure. And avoiding pain will only make you weaker. Battling it will make you stronger.