

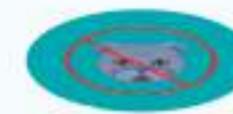
# STATETIMES

# SUNDAY

Your Companion for a Funday



PROTECT YOURSELF FROM COVID-19



## Coronavirus: Is there a way to know if you are an asymptomatic COVID carrier?

**A**ctor-comedian Sunil Grover a.k.a Gutthi was recently admitted into a hospital due to a minor heart attack. Later, while undergoing a heart surgery, it was found that the actor was COVID positive too. Such incidental COVID cases have been reported by doctors since the beginning of the pandemic and more so in recent times when infection rates are high, but less severe. Many, like the actor, have no tell-tale symptoms or signs, but are testing positive for the virus. Such individuals are called asymptomatic carriers, given that they develop no symptoms, but are as infectious as the symptomatic patients.

Why are some people symptomatic and some asymptomatic?

The SARS-CoV-2 virus has proved to be extremely unpredictable and mysterious in many ways. The same virus that has claimed so many lives, sometimes, triggers no response whatsoever in people who are also called asymptomatic.

While there is no exact reason behind why some people develop symptoms and others don't, according to many theories and experts, it is either due to the body's stronger innate immune response to the virus or because some people are exposed to a smaller viral load.

Innate immunity is something that we're born with, a defense system that protects against all antigens. Some people are believed to have a strong innate immune response, which is the first line of defense. The virus fails to even reach the adaptive immune system which is composed of targeted antibodies. That said, having a strong innate immune system is extremely crucial. This explains why people with compromised immunity, diabetes, obesity and other chronic illnesses fall under the high risk category.

Additionally, how much virus you're exposed to may also play a role in determining whether you'll develop symptoms or not. Studies have found that those exposed to high viral load have had more distressing symptoms than those with low viral load exposure.

Are COVID asymptomatic carriers infectious?

According to the World Health Organisation (WHO), asymptomatic carriers are laboratory-confirmed cases where a person infected with coronavirus does not experience any symptoms. The global health agency confirms that infected people can



transmit the virus irrespective of whether they have symptoms or not.

Omicron has more asymptomatic carriers than earlier variants, study suggests. Preliminary findings from two South African studies have found that the Omicron variant has a much higher rate of "asymptomatic carriage" than earlier variants, which could explain why it has been spreading like wildfire across the world.

The two studies found that the rate of infection is much higher in the current wave than compared to the previous outbreaks. Additionally, the number of asymptomatic carriers is also greater in terms of proportion.

The heavily mutated, mild variant is known for its cold-like symptoms, but as per the recent findings, it seems it can also lead to asymptomatic infections.

What is the best way to tell if you are an asymptomatic COVID patient?

COVID testing is the need of the hour. Given that both symptomatic and asymptomatic people can spread the virus, experts recommend either taking a rapid antigen test or an RT PCR test to identify the presence of the virus in the body.

Currently, a PCR, also known as a molecular testing is the best way to detect a coronavirus infection.

Following your test, it is important to isolate yourself and distance yourself from others until the reports reveal a negative test result. Those who test positive but have no symptoms should continue isolation since it curbs the spread of the virus.

When should someone without any symptoms take a test?

Anyone who comes in close contact with a confirmed COVID-19 patient should get themselves tested whether or not they develop symptoms or not. Doing so not only breaks the chain of transmission, but also keeps the most vulnerable safe and protected from a possible severe illness.

Measures to take right now

Amid mild COVID-19 infections, many have started to let their guards down. However, the pandemic continues to wreak havoc and cause severe illness in people who have pre-existing comorbidities and a weak immune system. Therefore, it is important that we take all precautionary measures. Wearing your masks, washing your hands, maintaining distance are all necessary steps to take. Those who are yet to receive their vaccines must do so immediately.

## Toxic parenting mistakes that make kids self-centered and entitled

**E**ven though most of us may not realize it, children recognize and experience the feelings of empathy and compassion by the age of three. A healthy household is one where these values are taught and encouraged and the voice of children is not suppressed. However, in homes where enough stress isn't laid on these values, children may grow up to be incompetent adults who seldom take others and their feelings into consideration. Here are five parenting mistakes that you should avoid making lest your child develop into a self-centered adult.

Failing to create teaching opportunities

Like most things, it is also important to realize and remember that no matter what the age of child is, children observe and imitate. Your behavioral patterns are acutely observed by your child and it will definitely imitate you even before you notice. It is thus important to include all that you wish to teach it in your own behavior first, and values of consideration, taking others into account and trying to understand how their actions make one feel. Teaching by example is thus one of the most important things to do.

Granting everything without enforcing gratitude

Children working for what they wish is not just good for them but also very important. It is imperative to make them see how they are a part of something bigger than just themselves and how everything operates with support and agreement from everyone. If you simply give them everything that they demand without enforcing gratitude, it inculcates in them a sense of entitlement. Teaching them terms like



'thank you' or asking them to keep a gratitude journal will help a lot.

Not introducing them to volunteer work

Volunteer work inculcates a sense of community in children. It is also important for them to learn values of giving, kindness and empathy by connecting to people who are not as well-endowed as us. It is important for children to know what experiences other than theirs feel like, and therefore learn empathy the right way. This also brings in a sense of gratitude in them.

Saying yes to nearly everything

Overindulging your child is the first step towards promoting entitlement in them. Children who are not denied anything, ever, grow up with an excessive self-centered attitude and are more concerned about themselves, lack a strong work ethic and act as if rules do not apply to them. It is important to sometimes say no and give consequences to their unhealthy actions.

Not addressing what is happening around the world

Bursting the bubble of happiness and security is needed and talking about the situation of people around the world, addressing what your child sees in the news is extremely important to inculcate empathy and consideration. This also helps mitigate a self-centered attitude. By the time a child is eight years old, it begins to understand that a person's feelings may not be solely based on what is going on with them but can be the by-product of their general life circumstances and it is thus safe to introduce them to the bleak side of the world.

## Ways you can be more optimistic, as per your zodiac sign

**A**t a time when the entire world is under distress and facing a global crisis, it is important to take care of your mind and body. You may feel under a lot of pressure trying to strike a balance between your personal and professional life, dealing with loss, grieving, but at the end of the day optimism is what gets you through. While hope and self-esteem are two building blocks of optimism, here are some of the ways you can be optimistic, as per your zodiac signs.

**Aries**

Known to be adventurous, exciting and daring, Aries are very high on life. But given their unstoppable spirit, they sometimes fail to see and acknowledge the beauty of the present. This in turn can make them bitter at times. What you need to do is take a moment and appreciate the good things in your life. Maintain a journal, write down your feelings and/or take some time to relish every moment.

**Taurus**

As far as Taurians are concerned, they're a bit uptight. Given their introverted personality, they like to remain in their comfort zones. Security and stability is what they seek and being stubborn is something they take pride in. Due to their rigid personality, their minds are often poisoned by doubts and distrust. That said, people who fall under this category need to learn to let go. They need to be more relaxed in life and must learn to go with the flow.

**Gemini**

Geminis are very approachable people. They love having great conversations, enjoy people's company and live an active social life. However, they too need a boost in their life. If you're a Gemini, your source of positivity comes from the people around you. Your friends, family and loved ones bring the best out of you. So, reach out to them when you're feeling low.

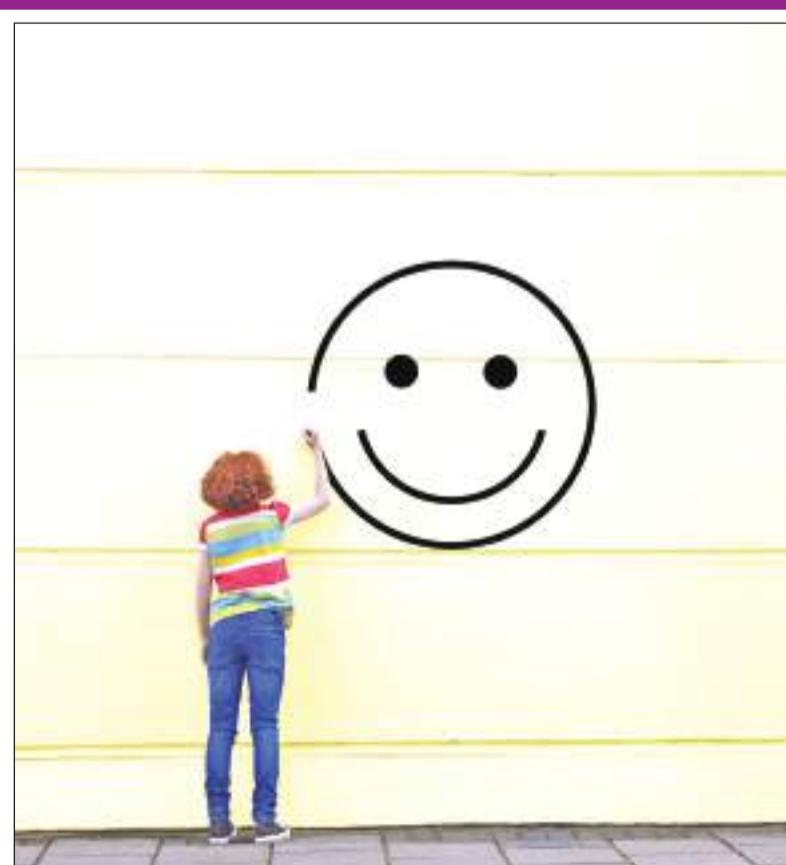
**Cancer**

Cancerians are nurturers. They're emotional beings who are very caring about the people they love. However, many things can cloud their mind. In such circumstances, you must learn to communicate your feelings. For you, sharing your problems and addressing your trials and tribulations is what gets you through turbulent times.

**Leo**

Leos are known for their awesome personalities. They are fun, active and the soul of every party. However, there are things that may overshadow their lively personalities. Competition is something that works them up and triggers jealousy and anger in them. This is when a Leo must calm themselves down and appreciate their own individual self. Comparing oneself is not only unproductive, but it takes a toll on one's self-confidence.

**Virgo**



People born under this zodiac sign aim for perfection. They're highly critical of people, but do so only to get the best out of them. Anything and everything that blows out of proportion or does not work according to their plan stresses them out tremendously. This is when you must step away from all the work and instead resort to a

friend or a close companion and seek advice. Weigh the pros and the cons and ask yourself if it is really worth it.

**Virgo**

Librans are usually very optimistic. People often take that for granted. But they too are human and every human is prone to sadness, grief and stress. So, if you're a Libran, learn to take time out to tend to your own self. Give yourself a bit of importance. Just because people expect you to be at your best, doesn't mean you neglect your mental health and peace.

**Scorpio**

Scorpios can go from being the most optimistic to being at their worst. There's never a right balance between the two. Sometimes their passions get the best of their emotions and resentment and distrust flows into their souls. Scorpio people are known to hold grudges, a source to most of the negativity. That said, it is important that you learn to let go, to forgive and to move on.

**Sagittarius**

Sagittarians love adventures. They love treading unknown, exciting paths and cannot stay put. On the downside, given that people cannot live up to their energy, they mostly live alone. Loneliness gets the best of everyone and Sagittarians are no different. That said, while it is important to seek adventures, it is also important to bend the rules sometimes and be accepting of people who want to help you.

**Capricorn**

Capricorns are the most hard working. They are practical, ambitious and believe in themselves. But they too can be clouded by pessimistic thinking. Being too committed to work and being fiercely ambitious can sometimes take a toll on your emotional being, making you lonely and bitter. Which is why, you should be more open to having productive, lighthearted conversations at times.

**Aquarius**

Aquarians are known to be cynics. What they believe in is their own idea of the world. They have their own rules, their own opinions and most often fail to see the good in people. This can sometimes pose great challenges in their path to achieve optimism. That said, what an Aquarian needs is to relax their mind and soul. Yoga or probably meditation can help them achieve that.

**Pisces**

While Pisceans are great listeners and nurturers, they cannot bear conflicts and confrontations. That said, their empathetic being and emotional self sometimes gets the better of them. This is when people of this zodiac sign should communicate their feelings with others rather than holding it all in. In an attempt to not hurt others, you're hurting yourself more seriously.

