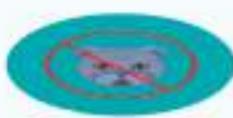


STATE TIMES

SUNDAY

Your Companion for a Funday

PROTECT YOURSELF FROM COVID-19



Lasting breathlessness post-COVID may indicate lung issue

Experiencing coronavirus symptoms long after the initial infection is not a new issue. Ever since the onset of the pandemic, long COVID has further degraded the health conditions and led to hospitalisation in several cases. From fatigue to hair fall, several health issues are being experienced by an individual after being infected with the coronavirus; the list is endless.

One of the most common symptoms is breathlessness.

Being an infectious disease of the respiratory system, coronavirus multiplies in the lungs after entering the body, affecting its functioning in multiple ways. In severe cases, it leads to breathlessness, followed by pneumonia. The incidents of breathlessness are reported even months after the initial infection, which could be a sign of lung damage.

Persistent breathlessness can be a sign of lung damage.

As per a new finding published in the medical journal *Immunity*, persistent breathlessness may be a sign of lung damage. The findings of the study made it clear that it can be the ongoing immune activity in the airways. It is a sign that your lungs have not healed completely from the damage caused by the infectious virus.

One of the authors of the study, Dr James Harker, from Imperial College London's National Heart and Lung Institute, explained that long-lasting breathlessness indicates the presence of abnormal immune cells, generated due to COVID-19.

How they carried out the study

The researchers studied the cases of ongoing breathlessness in patients and detected the presence of altered immune cells in their airways. However, this does not mean that the condition can get worse. Persistent breathlessness if treated on time can improve the lung condition and prevent any further damage.

According to the study, the persistent breathlessness in COVID patients can be a COVID-19 active immune response long after the infection, leading to inflammation and injury of the airways.

What is the outcome

Breathlessness is one of the serious signs of the long COVID and ignoring it will give way to other health concerns. The finding of the study was determined by studying scans and samples of fluid extracted from the lungs. For the study, a total of 38 patients who had contracted the virus three to six months prior to the study were examined. The main objective of the study was to understand which immune cells are active inside the lungs that lead to the problem of breathless post-infection. All the patients examined were hospitalized and suffered from severe COVID infection. So, the researchers are yet to find if the same study is applicable in the case of people suffering from less severe diseases.

Breathlessness is one of the hallmark signs of COVID related complications. So, if you witness this symptom after recovering from an initial infection then do not take it lightly. Talk to your doctor and get the correct treatment at the right time to avoid any untoward event.



Home décor accessories that are a must buy for your home

A home is a unique place, personalised with your unique choices and taste. It is often an exclusive replica of your personality. We all love decorating our home but one should always remember that we should decorate our home wisely with the right kind of accessories, otherwise you will end up creating a clutter. Ashish Dhingra, founder of a home furnishing brand has shared a list of accessories that will enrich your home's unique character even further:

Houseplants

Houseplants add a sense of harmony and warmth to the house. Indoor plants like lucky bamboo, jasmine, orchids, have been used for improved focus as well as the décor of the house. Similarly, other leafy plants like fiddle leaf figs, birds of paradise, rubber plants, etc. give your home a welcoming feel.

You can also add more colours and natural fragrances with indoor flowering plants like peace lily, orchids, lace leaf, and bromeliads.

Area Rugs

Area rugs can quickly transform your living space with colours and comfort. Whether you are looking to spruce up your rich multicolour living room, or a plain focused study, area rugs are perfect to bring in comfort while adding character and class to the space.

Oriental patterns and vintage rugs create a classical aesthetic vibe in your living room. Alternatively, you can use digital pattern rugs for a modern and quirky aesthetic, just match the rug design and colour pattern with the tone of your overall space.

Area rugs also help you segregate spaces based on usage and footfall. For instance, the dining and living area can use separate area rugs when present in an adjoining space. Similarly, you can use sturdier polyester and olefin carpets for the living room, and comfortable shag and wool carpets for the bedroom.

Designer Storage

Storage is a common problem for bustling homes and the solution is simply to follow a larger plan. Take care of the overall interior theme of the house while creating new storage units. Designer storage units help you organise more without distorting the look and feel of the space. Designer closet organisers provide smart and easily expandable storage units for your regular use of items and personal accessories. A pegboard wall is another flexible and smart storage for your ever-expanding kitchen. It lets you store things within reach in your kitchen while giving ample space for expansion.

Accent Mirrors & Lamps

Accent mirrors are a great way to decorate the spacious areas and empty walls in your home. Mirrors are also great for smaller areas as they can add depth to the space and make it feel bigger. The best part is that you can also improve the utility of the space along with the feeling. Standing mirrors in a worn-out frame, or vintage heirloom frames can instantly add a feeling of class in your living and bedroom. You can also use mirrored tile with a centrepiece as a purely decorative addition to an empty side of the wall. Combine the decorative mirror with matching lamps and you immediately uplift the entire outlook of the room. Wall-mounted lamps work best with wall-mounted mirrors, while hanging pendant lamps may look great with full-size standing mirrors.

Original Artwork

Your home is a unique space, especially because it is so personalised according to your taste and preferences. Original artwork enhances the feeling of exclusivity apart from adding warmth and personality to your home.

The uniqueness of the artwork speaks volumes about your choice and personality. You can source your unique artwork from a local artisan or visit the nearest art gallery to find the piece that makes you feel the most connected and suits your space.



Financial lessons to teach your child before high school



also to be noted that formal education works through a fixed curriculum which cannot possibly be comprehensive, especially in terms of financial literacy.

Financial literacy is a very prominent subject of concern which is not included in formal education and should be taught to children at home for parents most often start giving money to their children by the age of ten to twelve. Before your child reaches high school, it is imperative for it to know how to handle money wisely.

As children get access to more money, either through their home or from a part time job, they tend to be inclined towards spending most of it. Teaching them how to save and the importance of doing so is one of the most crucial things to do, for spending comes naturally but saving hardly ever does which it makes it even more necessary to teach them how to save especially in teen age when part time jobs make money an everyday reality.

Financial tools

Earlier, children would keep their savings in a piggy bank, but with time newer methods of managing money have come into existence. Private bank accounts and debit cards have now come into popular usage, all of which should be introduced to children. Giving them access to modern banking tools will familiarize them with these tools and build confidence in them.

Budgeting

This comes after teaching the child the very basics of saving. After your child has set goals for saving money and has actually started practicing saving, it is time to teach them how to design a budget for themselves. It might sound extremely complicated but it is as simple as writing down all actual and expected expenses in one place and working around money with reference to it.

Allowance

If your child has not yet engaged in part time jobs and other sources of making money, it is advisable to start offering them a fixed allowance in exchange of chores that they perform around the house. But it is even better to not link the money with work and offer an allowance rather than offer an allowance as a gift along with instructions about spending and saving. Direct and explicit conversations around money will help much more than anything.



Involve and talk

Involving your child in family budget planning and bills. It doesn't, in anyway, mean that you tell your children how much you're bearing but going over bills for the household in the presence of children is recommended as a good way of involving them in the family's expenses. Having conversations around managing bills and minimizing them is also important to involve and make children aware of the financial situation at home.

Teaching and learning go beyond the barriers of age and space and can happen anytime in life. Mostly, schooling starts at the age of four to five years of age, but literacy can start as early as one wants. Education is not just formal education which is backed by notebooks, books and a fixed institution. It is

