

STATE TIMES

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Your Companion for a Funday



PROTECT YOURSELF FROM COVID-19



Common symptoms of Omicron infection seen among those vaccinated

Despite vaccination, people have contracted the COVID infection though it didn't get severe in most of them which reveals that vaccinated individuals are susceptible to the viral attack as well. This sends out a big message: it's still too early to let guards down.

Coronavirus is going to live with us at least for some time now. So, no matter how often we are vaccinated we always have to keep ourselves protected against the virus.

The third wave of COVID which had peaked in November-January this year has already started ebbing. But with 5 variants of concern being detected within a span of 2 years which have wreaked havoc on mankind, the emergence of another strong variant can not be ruled out.

Apart from precautionary measures, having a clear knowledge about the common symptoms is vital. Since the majority of the population all across the globe has been inoculated against the viral infection, it is more important to know what the common symptoms of COVID infection are that one gets even after vaccination.

Runny nose

This is a very common symptom seen in both vaccinated and unvaccinated individuals. Though runny nose is a symptom of a number of health issues, its prevalence during COVID infection has been more noticeable. "Our data shows that when rates of COVID-19 are high, the chances that a runny nose is due to coronavirus infection is high. But when rates of COVID-19 are low, it's less likely to be a symptom and more likely to be due to another cause such as a cold or allergy," says a 2021 report by the ZOE COVID Study.

The occurrence of runny nose is particularly seen during the COVID infection caused by a variant of concern. So even if you are vaccinated it is likely you will get a runny nose if you are exposed to COVID, therefore it is advisable to go for a COVID test.

Sore throat

This was the principal symptom of coronavirus attack seen during the third wave of COVID for which Omicron was responsible. In the Omicron induced COVID infection many people, vaccinated and unvaccinated, complained of scratchy throat. This was not seen during the earlier waves of COVID. Experts have flagged it as a



key warning sign of Omicron led COVID infection.

Continuous sneezing

Uncontrollable or continuous sneezing may be an acute sign of allergy or common cold, but its connection with COVID infection was far more visible during the Omicron wave than it was in the earlier waves of COVID. A report by ZOE COVID study says that vaccinated people showed this symptom more than those who are unjabbed.

New cough

Just like nausea and headache, cough is one of the persistent symptoms of COVID which has been seen in all the three waves. Dry and persistent coughs occurring more times within an hour or in more episodes within 24 hours were seen during the third wave of the COVID as well when most of the people were already vaccinated.

Headache

Another key sign of Omicron infection is headache. Stabbing pains or pulsing was seen to be a common occurrence during the Omicron wave. People have experienced severe to very severe headaches during Omicron infection. "Headache is a frequent symptom of COVID-19. It may be the presenting symptom and typically develops early in the course of the disease. Most patients describe a bilateral headache with frontal predominance, an oppressive quality, and severe intensity," says a July 2021 study based on 2914 patients.

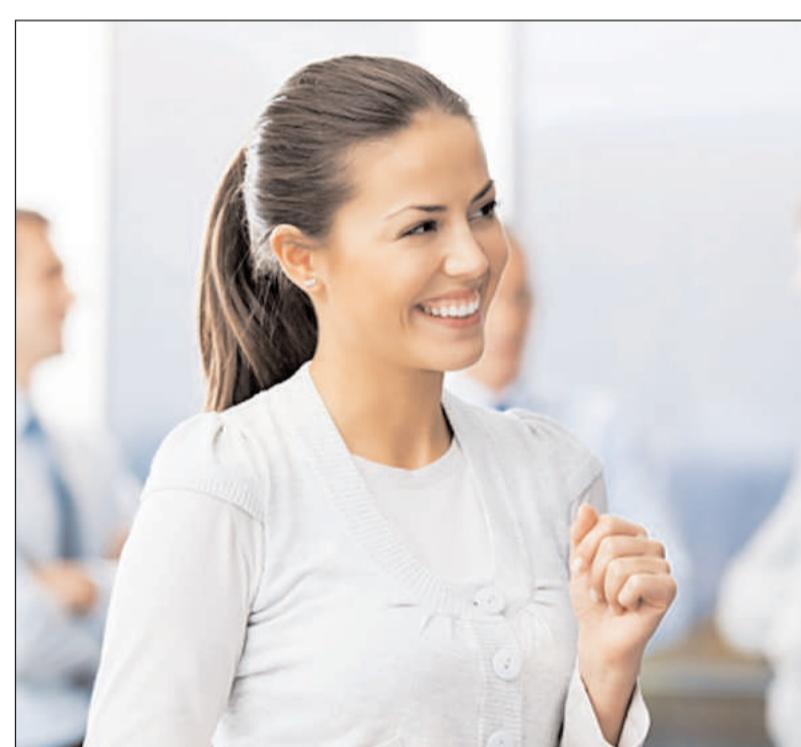
Muscle pain

Body aches and muscle pains were reported in the majority of COVID cases during the third wave. Body pain associated with severe pain in the lower part of the body was seen in patients irrespective of their vaccination status. "One out of three people who are ill with COVID-19 will have unusual muscle pains. It's more common in adults aged 16-65 (41%) than children (15%) or those over the age of 65 (36%). Only 2% of people who were ill with COVID-19 reported muscle pains as their only symptom," reveals ZOE COVID study.

Nasal congestion or nausea

Said to be the most common symptom during the early stage of infection, nausea was seen in vaccinated people too. People who were reinfected with COVID after being infected in the earlier waves felt nauseated. Nausea was a common occurrence in the first and second wave of COVID as well.

Tips to enhance your personality at your workplace



Everybody wants to project the best version of themselves at their workplace. The perfect candidate for a role in the workplace is someone who exudes confidence, a sense of responsibility and a fantastic personality. Most importantly, to impress your boss and colleagues, you should have the perfect personality in the workplace. Hence, we bring to you some tips on how you can achieve that personality.

Personal life

Never discuss your personal life in the workplace. It shows that you're unable to maintain a professional persona by whining about your personal life problems. This way, you may even lose your focus on your work.

HR sessions

Those weekly sessions that HRs send you invites to...always get involved in them. This shows you as an excellent team player as well as an employee who can not only interact with the team members but with other employees in the company as well. Plus, more communication gives you confidence.

Don't be negative

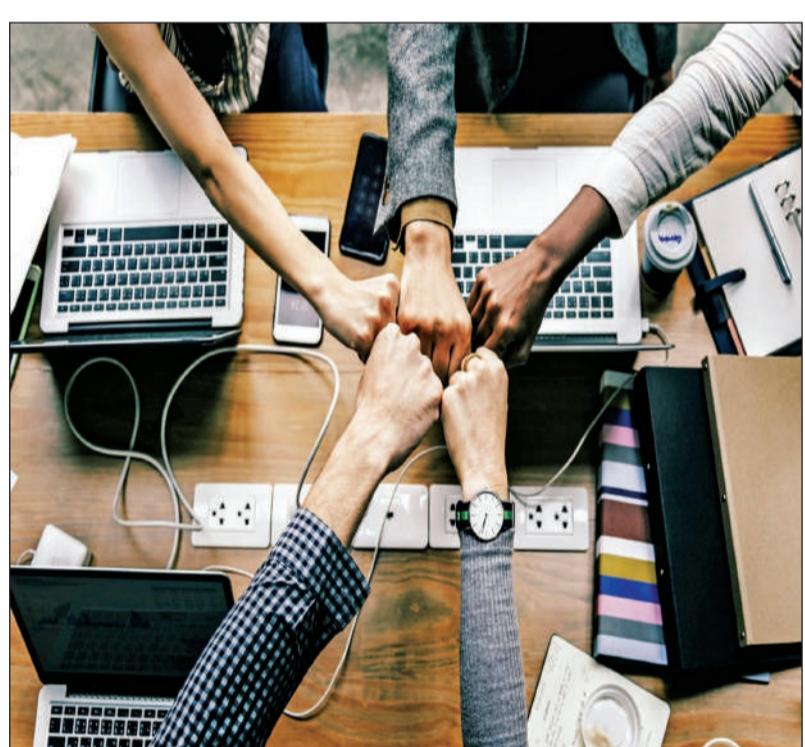
Even in dire situations, never project a negative image of yourself. Don't argue or criticize anyone harshly. Instead, be a positive example in the workplace where others can get inspired by you, your thoughts and actions.

Personality aspects

Work on one personality aspect at a time. Don't get obsessed with perfecting all your negative traits in one go. Work on yourself slowly, but firmly. This won't overwhelm you but will keep you focused and will also inspire others to work on themselves.

Dress the part

Don't turn up to the workplace in shabby or casual clothes. It is very important to dress accordingly to your profession. When you dress professionally, you radiate authority, your personality speaks out and you feel confident as well.



Five tips to develop your child's personality



ages them to grow into a well-rounded individual with an impactful personality. Here are some tips that will help you achieve the same.

Be a good listener

Your child would want to share everything with you and we all know that children's idea of 'relevance' is very different from that of adults. When children talk about the most insignificant things, they wish to be heard because to them it is important. If you make them feel heard and understood in their formative years, they will feel confident and secure in your company and grow up to be confident individuals who will listen to others properly.

Refrain from comparison

Every child is unique and is blessed with different calibers and qualities and this also implies that every child will be exceptionally good at a thing or two but not at everything. Hence, there should always be room for mediocrity. If your child performs an activity by putting its best into it, and you end up comparing it with a peer or another child, it will completely ruin their self-esteem and confidence in their capabilities. You should know that every child is good at something but not everything. Therefore, instead of comparing, you should appreciate and encourage.

Limit screen time

Too much screen time can halter your child's social and intellectual development because it can lead to addiction, and leave little or no time for interaction with peers and family. Parents should ensure that their child is spending more time in organic conversations and not with gadgets and the screen.

Encourage independence

Children are extremely little, fragile beings with little sense of the world and there are numerous things that they do for the first time: walk, talk, eat, crawl and read; the list is too long and goes on and on but you should always take care that you help your child to an extent. If you go above and beyond to help your little one with everything, it might make way for excessive dependence. Helping the child become independent by letting it do things for itself is a good way to develop an independent personality.

Allow free playtime



This generation saw the pandemic, the rapid development of technology and excessive reliance on virtual mediums. It is thus recommended to lay emphasis on free play and allow that among children. Values of team spirit, sharing, caring and resilience are inculcated through free play and interaction with other children. Playtime is also necessary for the physical and mental development of the child and its overall personality development.

Every individual is born with a unique personality that is eventually shaped by its surroundings. The surroundings and environment play a formative role in molding the child's future. The immediate and first environment of a child is their home, especially the caregivers-parents, grandparents and siblings. This is followed by educational institutions where teachers and fellow students form the environment of the child. Special care should thus be taken so that the child is brought up with a positive attitude and in an environment that encour-

