

SUNDAY

Your Companion for a Funday

PROTECT YOURSELF FROM COVID-19



How to know if it's COVID XBB 1.16 infection or H3N2 infection?

Few months ago we were just concerned about the variants of COVID causing coronavirus. However for the last few days a new virus has come to the fore and has posed a greater threat to human health. We are discussing H3N2 seasonal influenza A virus and the recent XBB 1.16 variant of COVID. Both of these viruses are dominant currently.

Are they similar?
No. Though their course of action may seem similar to us due to the similar symptoms seen in people who get infected, these are different viruses and hence need to be dealt with differently. H3N2 is a common virus which causes seasonal influenza. It is not a new virus though it has mutated into several strains. It is a subtype of influenza A virus. XBB is a recombinant strain of COVID causing coronavirus. XBB is a recombinant of BA.2.10.1 and BA.2.75 sublineages, both sub variants of Omicron variant of the coronavirus. From 2019 till now, the novel coronavirus has mutated into several strains, the dominant one among which is the Omicron. XBB 1.16 is a variant of the XBB variant.

How is COVID XBB infection different from H3N2 infection??
While on seeing the symptoms one can not differentiate between the infections clearly, a medical test can help you to distinguish between the two. Symptoms like wheezing, cough, high fever and clinical signs of pneumonia are the typical characteristics of H3N2 infection. Classic COVID symptoms are headache, body ache, fatigue, sore throat and runny or congested nose.

What should people be aware of??
Since both the viruses are massively spreading in the country and it is difficult to tell them apart, it is important to get tested whenever the signs are seen. Apart from medical tests, one should also follow the hygiene guidelines to cut down the spread of the viruses. Both these viruses spread from an infected person to a healthy person through direct exposure, through physical contact, through contact with air droplets released from nose and mouth. Remaining isolated until the symptoms go away completely is the key to cut the transmission chain of these viruses.

How to prevent these infections??
Wearing masks at public places can reduce the transmission of the viruses from an infected person to a healthy person. Apart from this keeping the hands clean and sanitizing before touching the face is the key to keep the body safe from the virus. One should also avoid touching exposed surfaces at public places and places at home which are frequented often should be cleaned at regular intervals. If you have kids or elderly people in our house, make sure to keep the indoor air properly circulated.

Underlying health conditions worsen?
Though H3N2 appears to be mild in nature, which health experts also agree to, it can have a damaging effect on the body especially in cases of comorbidities doctors have warned.

Underlying medical conditions like diabetes, hypertension and lung cancer can worsen due to these infections as these viruses affect the respiratory tract mostly.



6 yoga asanas to control blood sugar levels



Tadasana (Mountain pose)
How to perform:
Step 1: Stand with your feet slightly apart, with your arms by your side.
Step 2: Inhale and raise your arms above your head, interlock your fingers, with your palms facing upwards.
Step 3: Exhale and roll your shoulders back and lower your spine, opening your chest.
Step 4: Relax all your muscles.
Step 5: Slowly return to the starting position.

Jamshirasana (Head-to-knee pose)
How to perform:
Step 1: Start with a seated position, with your legs stretched out in front of you.
Step 2: Bend your right knee and place your right foot against the inner part of the left thigh.



Step 3: Inhale and straighten your left foot by putting pressure on the thigh. Keep your spine straight.
Step 4: Exhale and slowly bend at your hips and lean forward over your left leg. Reach for your left foot.
Step 5: Hold the pose for 20-30 seconds and return back to the initial position. Repeat the same with the other leg.

Ardha Ustrasana (Half Camel Pose)
How to perform:
Step 1: Get on your knees. Keep them hip-width apart.
Step 2: Push your knees down and lengthen your spine.
Step 3: Slowly, lean back on your left side and place your left palm on the leg, with your right hand raised at 60 degrees.
Step 4: Arch your spine and breathe. Hold the position.
Step 5: Return to the initial position.

Marjariasana (Cat pose)
How to perform:
Step 1: Get on your knees and hands, with your wrists under your shoulders and your knees under your hips.
Step 2: Inhale and push your abdomen down towards the yoga mat. Lift your chest



and chin, and raise your body upwards.
Step 3: Hold the position.
Step 4: Exhale and lift your abdomen and push it towards your spine. Round it back towards the ceiling.

Bhujangasana (Cobra pose)
How to perform:
Step 1: Lie face down on the floor. Keep your hands on the floor, next to your shoulders.
Step 2: With your legs stretched out, inhale and gently lift up your upper body.
Step 3: Ensure that your pubis and toes fall on a straight line, touching the floor.
Step 4: Hold the position for 20-30 seconds and release.

Ardha Halasana (Half plough pose)
How to perform:
Step 1: Lie down on your back, with your hands by your side.
Step 2: Inhale and slowly raise the leg perpendicular to the ground keeping the knee straight.
Step 3: Hold your breath and the position.
Step 4: Exhale and lower your legs down, returning back to the initial position. Practise these asans.

How to help your child with a highly sensitive personality

Most preschoolers are sensitive and are bound to cry at some point or another. But there comes a point when you realize your kid probably cries too often and all the time, especially in comparison to other kids of their age.

However, it is not a big deal to worry. With some guidance and healthy prompts, you can teach your child to get better at handling their emotions. Further, being highly sensitive isn't a bad thing. Experts suggest that highly sensitive children tend to be more compassionate, gentle, and creative. Here is everything parents of highly sensitive kids need to know.

What does it mean to be highly sensitive?
A highly sensitive person (HSP) has a personality trait known as sensory processing sensitivity (SPS), both terms coined by psychologist Elaine Aron. According to Dr. Aron, up to 20% of the population is made up of HSPs. These people tend to process external and internal stimuli more deeply than the general population.

Signs your child is highly sensitive
According to Dr. Aron's highly sensitive child test, here are some indicators that your child might be highly sensitive:
-They startle easily
-They don't like surprises
-They complain about scratchy clothing or labels rubbing against their skin
-They're sensitive to unusual odors
-They ask a lot of questions
-They don't do well with big changes
-They perform best when strangers aren't present
Recognizing the signs timely will allow you to teach your child coping strategies



to make their life easier.
Allow them to solve problems by themselves
Parent advisors suggest avoiding the urge to tell them to stop crying. This will probably just trigger more tears. Give them the time and space to collect themselves.

Helping your child does not always mean fixing their problems for them. If you act right away to save them from a personal unhappy circumstance, then they might never discover their own ability to solve the small and big problems by themselves.

Distract them with a fun activity
A preschooler that cries all the time may not have deep stress at root that needs a direct addressing every time they cry. If they simply get upset at random things, shift their focus, and essentially their thoughts, to other activities.

One such powerful tool is asking them to count till 10 out loud, according to psychologists. Since preschoolers still need concentration for counting, they will probably forget whatever they were bothered with, by the time they are finished counting.

Teach them to manage their overwhelming emotions
Distracting your child may serve as only a temporary solution. If you want a better fix, teach your child on how to fix themselves when they are feeling down. The idea is not to make them less sensitive or alter their personality, but just to help them to help themselves when they are feeling overwhelmed.

Teach them to identify what makes them sad and how they can make themselves feel better in a healthy manner. Soon, they may learn to manage their feelings by themselves, without falling apart till you help them.

