

STATE TIMES

SUNDAY

Your Companion for a Funday



COVID precautionary dose: Dos and don'ts to follow before scheduling your third dose

Getting vaccinated is the wisest thing you can do to protect yourself from the infectious COVID-19 which is responsible for more than 6 million deaths worldwide. It is even more crucial at present due to the emergence of the new XE variant, which is believed to be the most transmissible of all and potent enough to cause another COVID wave across the globe. Now that the government has allowed booster doses or what it calls precautionary doses of COVID-19 vaccine for all adults, without any further delay book your slots today and protect yourself and others from the severity of the COVID. But before that, here are a few things you need to do to maximise the effectiveness of the booster dose.

**The role of a booster dose**

Even though the coronavirus vaccine does not provide complete protection against the virus, it is the only way to stay safe as it reduces the risk of severity health experts have said. The vaccination can reduce the risk of severe infection and hospitalisation.

The third dose is required to boost the immunity of the body against the virus which wanes out with time after the first two doses. The third dose amplifies the immunity and reduces the risk of getting infected with the virus. But before you schedule your appointment there are some dos and don'ts you must keep in mind.

**Make sure you are not sick**

Make sure you are not sick on the day your booster dose is scheduled for. If you are suffering from influenza, flu or cold, reschedule your appointment for later dates. When you are sick, you are already feeling weak and taking a vaccine on that day may trigger side effects.



**Eat well and drink lots of water**

Take extra care of your diet for days before and after getting the third dose. Having a well-balanced meal and drinking sufficient amount of water in a day can help to fight the side effects of the vaccination and help the vaccine do its work properly. Even on the vaccination day, make sure you do not go to the booth in an empty stomach.

**Exercising**

Moderate exercise 2-3 days before getting the vaccine can help to boost your immunity and enhance the efficiency of the vaccine. After getting the dose try to do simple hand exercises to reduce the arm pain and muscle ache.

**Sleep well**

A poor sleeping schedule can impact your mental as well as physical health. It may even reduce the effectiveness of the vaccination and make you feel tired later. So, sleep well on days before getting the vaccine and rest after it.

**Do not take medication for fever**

Coronavirus vaccination may cause mild fever afterwards but avoid taking any medications to manage it. Vaccination causes mild fever but goes away on its own after a few days. Sufficient water intake, balanced meals and proper rest are enough to recover from it. Only if the condition gets worse consult your doctor and take the medication. If you are suffering from any health condition and have to take medication regularly to manage it consult your doctor before taking the shot. Do not stop the medication on your own without consulting the doctor. It is even more essential for those taking blood-thinning medicines and immunosuppressants drugs.

Ways to help your daughter fight against eve-teasing



We claim to be progressive, boast about being modern and open minded, but still when we discuss the situation of women in the world, the only answer we get is "we have come quite far". But does that even matter, when every-time we send our girls out, we're constantly worried about their safety. With young girls facing harassment on a day to day basis, we're compelled to restrict the movement of our daughters. But is that fair? Not really. Rather than limiting their freedom, how about we teach our sons to be more responsible, to use their independence more correctly. On the other hand, here are some ways you can equip your daughter to fight against sexual harassments and eve-teasing.

**Awareness is important**

In order to react one must know that they're being wronged. Teaching your daughters about sexual harassment, eve-teasing, making them aware of consent is a crucial step. Rather than stopping them from going out and living their life, help them understand why and teach them effective ways to tackle such scenarios. By limiting their access to the world in an attempt to protect them, you're only demoralizing them and making them feel as if they're the cause of the problem.

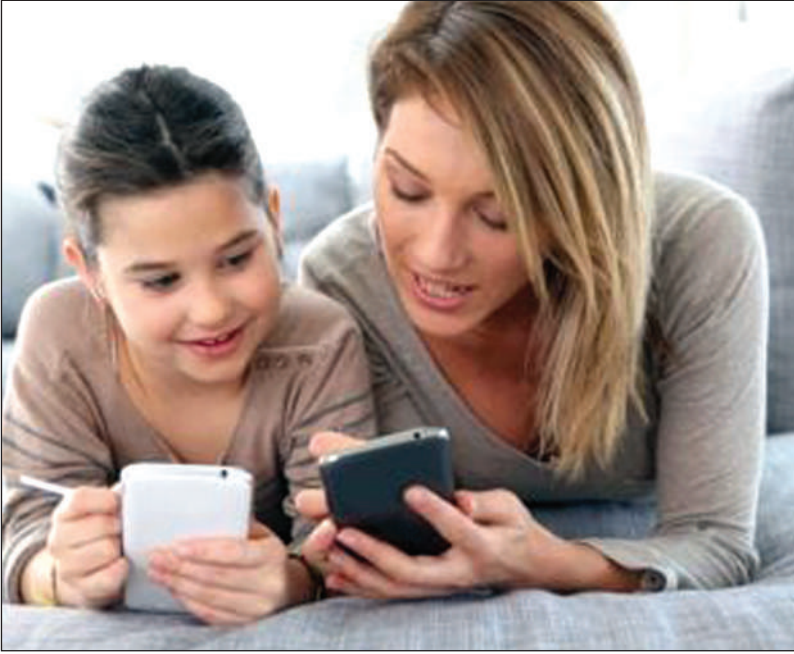
**Being alert is key**

Experiencing assault and harassment is a common occurrence, especially when it comes to young girls and women. That said, being alert and aware of one's surround-

ings is imperative. Teach your child to be vigilant and instinctive of trouble.

**Do not ask her to cower in difficult situation**

Most often, we tend to encourage our girls to overlook instances of harassment so as to avoid heated incidence. That's not right. When it comes to eve-teasing, it is all about power display. The assaulter or the eve-teaser believes he will get away with his actions, which is why if one lets it slip by, they will continue doing so to others. Only by confronting their act will your daughter be able to disarm them of their power and before they carry out something of the same nature, they'll surely think twice the next time. However, it is important to note that raising alarms at vulnerable places can be dangerous. Help your daughter understand why.



**Have your daughter's back at all time**

Never keep your child on hold. Make sure you're always available for them and that you communicate regularly. If your child seems low or doesn't feel like herself, address it and ask them all about it. If it is something that needs action, make sure you do it immediately. Ignoring it to be an insignificant incident can be problematic.

**Never blame her - No matter what!**

Often rather than accusing the culprit, we blame the victim for what happened to her. Our society has a way of associating clothes, gestures and appearance to values

and culture, which is absolutely troublesome. Irrespective of what your daughter wears, how she talks or carries herself, if she is a victim of sexual harassment, she must not be blamed or judged. Make sure that you do not contribute to her already low-confidence. Rather help her take action against it. A parent is the only real support for the child. Do not deprive them of that.

**Educate your child early**

Instead of waiting for children to grow up and mature, help them understand what sexual abuse is. Make sure your child understands body boundaries. Tell them that other than their mum and dad, no one is allowed to see them naked. Let them know why it is wrong for a stranger to touch them without their consent. Private parts are called private for a reason and make sure they understand that.

**Decide on a code word**

young kids may not be efficient at expressing their abuse or discomfort, make sure you have a code for them that they can use when they feel unsafe or insecure.

**It is okay to say 'NO'**

Give your child the liberty to say 'No'. Irrespective of who one is - be it a close relative or a friend - tell your child it is okay to back away if they feel uncomfortable in any situation. This is how you introduce them to the idea of consent, which is integral to the fight against harassment.



Four reasons why regular health Check-Ups are important for Dogs

Every pet-parent wants their beloved furry friends to be as healthy and happy as they can be. So, in the absence of any visible symptoms or health issues, it is easy to assume that they are alright! But the physiology and health dynamics of our four-legged friends are obviously very different from our own, and just like we humans need our annual health check-ups irrespective of how healthy we seem to be, so do dogs! The life cycles of dogs are also quite different from our own, as a result of which, age-related diseases could also pop up when you least expect them.

**Here are the top four reasons why regular check-ups are necessary for dogs:**

**Early disease detection**

A veterinarian can spot signs of complications, early-onset diseases, and more, which you would never think twice about. For instance, if your dog seems to be drinking a lot more water than usual, it might be an indication of Diabetes.

Dental hygiene and healthcare, as well as a yearly blood test, are also part of the necessary check-ups. And the best part is that in most cases, the treatments involve very small changes, be it in their diet or daily routine.

**Preventive care**

All dog-owners know that their beloved canine companion needs to get their vaccinations and boosters, as recommended, to ensure a healthy and happy



life. A regular consultation with an experienced veterinarian can help you keep track of and schedule all of the necessary shots, from ones for Rabies, Distemper, and Parvo, to Hepatitis, Leptospirosis, and the Coronavirus.

**Reading behavioural traits**

We often forget or tend to neglect the fact that mental well-being is just as important as physical well-being, for us as well as our dogs. And while we might have our therapist to help us, the only way to understand our furry friends better is time, experience, and guidance from a trained veterinarian.

From helping you correct behavioural problems to learning to recognise and understand them better, regular health check-ups make for the perfect opportunity to stay up-to-date and clear any doubts.

**Senior dog-care**

As your dog gets older, he might develop a number of afflictions, from arthritis to cognitive dementia, and more. In addition, they also require booster shots for certain diseases, every year, after a particular age. Hence, regular visits to the veterinarian become especially important, the older they get.

Whether you're a new dog owner or you and your dog have already been together for a while, regular health check-ups will ensure he gets to live his life healthy and happy, to the best of his ability, especially since they cannot speak as we do.