

STATE TIMES

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Your Companion for a Funday

PROTECT YOURSELF FROM COVID-19



Coronavirus: What to do if you don't get relief months after recovering from COVID-19?

The second wave of coronavirus caused a massive spurt of infections and left many requiring intensive, critical care and hospitalization. While the cases ebb and recovery rates continue to rise, we are now facing a growing rise of post-COVID-complications and witnessing people suffering from long COVID symptoms.

While recovery from the virus isn't an easy road, doctors deem the rising post-COVID-scenarios and people in crucial need of support as the biggest crisis to emerge before the third phase comes up. While lingering symptoms, complications like new diabetes post-COVID-19, debilitating health that could make people require support, it's just as important to take care of one's health post-recovery just as crucial it is during the infection phase.

Some of the symptoms start to slowly fade away in weeks and in cases of mild to moderate infections, the return back to normalcy could be quicker. But what if you continue to face issues weeks or months after testing negative for the virus?

Why COVID-19 recovery isn't easy?

Recovery from viral illness takes a while and with a disease of magnitude as severe as COVID-19, which has been shown to impact many internal organs as well as mental health, return back to normalcy can take some while, especially if a person has battled severe disease or required intensive hospitalization.

In cases of severe infection, viral inflammation can cause extensive damage to important organs such as the lungs and the chest. Not only do patients require the use of external oxygenation to facilitate breathing, resuming normal lung function can take a while as there can be a high level of involvement and inflammation as well. Immunity, after fighting the virus can also be compromised, or for those with pre-existing conditions such as diabetes, frail health and immunity can prolong recovery timelines as well. Thus, some people can experience COVID-19 symptoms for months on a stretch, be in chronic pain and take a long while to recover from COVID-19.

For those fighting post-COVID complications, such as mucormycosis (black fungus infection), avascular necrosis and other such conditions, additional treatment may be required, which can further extend recovery odds and impact health.

Factors like age, comorbidities, severe disease battle and complications can also affect recovery timelines.



How to determine if you are a COVID long-hauler?

It's important to recognize that depending on the type and severity of infections, your symptoms post-infection can vary. COVID long haulers, or those who are battling long COVID symptoms exhibit symptoms vaguely similar to the infection. Some of the most common symptoms post-recovery include fatigue, malaise, low immunity, lingering cough, myalgia, anxiety, facing sleep issues, digestive ailments etc.

Apart from this, a COVID-19 attack could also impact vital health and may seldom affect heart health, neurological functioning and organ damage.

The symptoms tend to resolve in a matter of weeks, but sometimes, the symptoms can take longer. On average, a proper recovery can stretch to 2-3 weeks post-testing negative. However, if the symptoms persist for over 3 months time in different degrees, or complications are seen in the 6-months time post recovery, assistance

and further diagnosis might be needed.

What should someone with lingering problems do? When should you consult a doctor?

With severe and critical COVID-19 cases, doctors expect COVID-19 survivors to get follow-up visits and specialized care (depending on what the need may be) post-discharge. However, since long COVID-19 isn't synonymous just with people who were hospitalized or needed intensive care, long COVID-19 and debilitating symptoms may also strike a person who has a mild or asymptomatic infection. For example, post-COVID fatigue, malaise, and mental health issues could be commonly seen in COVID-19 survivors.

Therefore, if a person is battling post-COVID symptoms or any complications, it would be wise to not skip a follow-up visit to the doctor, or schedule one if you didn't have to have follow up visits before. Not only is post-COVID care important, but a specialized doctor can also diagnose the severity of your symptoms, help treat milder symptoms, issue recommendations for serious symptoms and guide you to taking good care of yourself.

Since a number of long-COVID care centres are also opening up in cities across the world, it would also be ideal to book yourself an appointment with specialized doctors for some months following the infection battle. A visit to a cardiologist/pulmonary specialist/gastrointestinal specialist/neurologist should be scheduled if you were at risk during the recovery or over a certain age. With more cases of post-COVID heart attacks rising, heart health for one should not be ignored at any cost.

Are there specific tests you should be taking?

In the weeks following recovery, doctors also recommend going for some pre-emptive tests and diagnostic tests to determine the risk of any complications/future ailments for a patient who has recently recovered. While most tests are ordered by treating doctors only, it would be advisable to get tests done like:

- Complete blood count (CBC) tests
- Glucose, cholesterol panel
- Neuro-function assessment and tests
- Chest scans
- Heart imaging and cardiac screenings
- CRP test .

WHAT you see first in this image determines your inner self

Optical illusions are known to trick our mind and help our brain to cheat our eyes. What we see in an illusion is not what actually is. In an illusion the eyes are not able to capture what is actually represented in the image.

Many psychologists use optical illusion to test the personality and inner traits of an individual. Illusions show how your brain depends on perception instead of visual sense. There are four elements hidden in this picture.

What a person sees first greatly differs and as per psychologists it reveals the personality of an individual to a large extent.

The nature of the element will determine the trait of the individual. What the brain perceives is what makes us see and that's what drives our personality.

Tree

Many people will see a tree first. This is the biggest element in the image. Many reports say people who see the tree first are more reasonable and logical in their approach. These people have a positive mindset.

As a warning, they need to curb their realistic side.

Gorilla

Many people would not notice it at first glance, but if you have then there are certain distinct qualities that set you apart from the rest.

Experts have said people who see the gorilla first are very critical in nature. These people hate wasting time and always keep themselves busy.

There is a chance that these people may not be identified by others easily due to their highly intelligent side.

Lion

Did you see the lion first before anything else? Even before the tree?

You follow your dreams like no one else! Experts say people who notice the lion have a wild side to their nature which makes them different from others in terms of sensibility. These highly determined people work hard without any doubt.

A drawback to their nature is that they go way ahead to chase their dreams.

Fish

If the jumping fish has caught your eyes, then there you are a rare piece of gem. Due to the location of the fish in the image and their small size many people tend to miss this element in the picture.

Reports say those who see fish at first glance are very careful about the relationships they hold on to and never like being hated.



Do these 5 things if your marriage is going through a bad phase



Most people underestimate the amount of work it takes to retain a marriage. It's not just companionship and love but fights, blame-game and misunderstandings. Couples fail to realize and act on these negative aspects of their marriage, thus stumbling into the deep trenches of marital problems. To stop your marriage from struggling further, you and your partner can cater by doing these few things that'll increase the intimacy between you both.

Consider your partner's happiness

When you begin putting your partner's happiness first, you will notice the wonders it does to your marriage. This will initiate trust, greater understanding and happiness in the marriage. Love, attention and care transform a person completely.

Surround yourself with healthy relationships

When you are constantly surrounded by negativity i.e. others' relationships that only include bitterness, fights and arguments, you and your partner are likely to reflect that same energy into your own marriage. So, it is very important to surround yourself with couples who have a healthy marriage and can also support you likewise.

A new beginning isn't bad

Don't hesitate to start off anew. If you and your partner have come to a standstill where things aren't working out anymore, you both can start from scratch. Act like teenagers who met each other for the first time and took each other out on hour-long dates and to the movies. This can be a big change for the both of you, that'll result positively.

Repetitive patterns

When analysed, you both will find a pattern that reflects negative behaviour. If you always fight over your spouse's decisions, then try doing things according to their perspective as well. It may be a welcoming change. You can guide your partner to do the same as well. Once you both break the stagnant pattern, you'll realize there's more to disagreements and fights.

Professional help

When things just can't work out anymore, professional marriage counsellors or therapists step in to guide you through your problems. They have a better understanding and intake of your problems as a couple and they can suggest solutions that if implemented, can impact your marriage to a huge degree.

