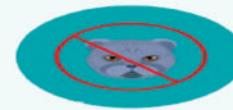


STATE TIMES

SUNDAY

Your Companion for a Funday

PROTECT YOURSELF FROM COVID-19



Coronavirus: How to spot a COVID-19 headache? Symptoms to note



The novel coronavirus is likely to cause a wide range of symptoms including fever, cough, sore throat, runny nose, body ache and fatigue. Additionally, you may also experience unusual symptoms such as loss of sense of smell and taste along with gastrointestinal issues. But according to the UK's ZOE symptoms study app is among the five most reported symptoms of the Omicron variant, first discovered in South Africa.

What a COVID headache feels like

The SARS-CoV-2 virus is said to cause headaches that resemble tension headaches or a migraine.

Tension headaches can induce mild to moderate pain, leading to tightness, or pressure around your forehead or the back of your head and neck.

On the other hand, a migraine can cause severe throbbing pain, a pounding sensation, usually on one side of the head. This can also be accompanied by vomiting and nausea.

Note the severity, signs and symptoms

Headache is said to be one of the most common neurological symptoms of COVID-19 that could linger on even after all the other symptoms have disappeared.

A 2020 study found that out of 130 participants positive with COVID-19, 74.6 percent had mild to moderate headaches. One-quarter of the patients had severe migraine-like headaches and it was noted that it was one of the earliest symptoms to appear. Another study published in PubMed Central found that people who had COVID headaches developed tension headaches. Some of the characteristics include:

- Moderate to severe pain
- Pain on both sides of the head
- Pain around the forehead including sides of the head and around the eyes
- Tightness or pulsing sensation
- Little response to OTC medications

The study also notes that a quarter of the participants experience headaches resembling a migraine. Symptoms include throbbing pain usually on one side of the head along with nausea and vomiting and a sensitivity to light, smell, or touch.

Some people may have headaches even after COVID recovery

Long COVID has become a common phenomenon when it comes to COVID-19. It refers to symptoms that last for weeks and months after recovery.

According to a 2022 study published in The Journal of Headache and Pain, out of 288 people with COVID-19, 22.2% developed neurological symptoms, of which 69.1% had headaches.

The headaches lasted for 7 days for most people. However, 18% of the people who had headaches battled the symptom for more than 30 days, while 10 percent for 3 months.

Get yourself tested if you have most COVID symptoms

If you experience mild to moderate headaches, it could mean anything.

In light of a headache accompanied by symptoms such as fever, cough, sore throat, runny nose, body ache and fatigue, get yourself tested immediately.

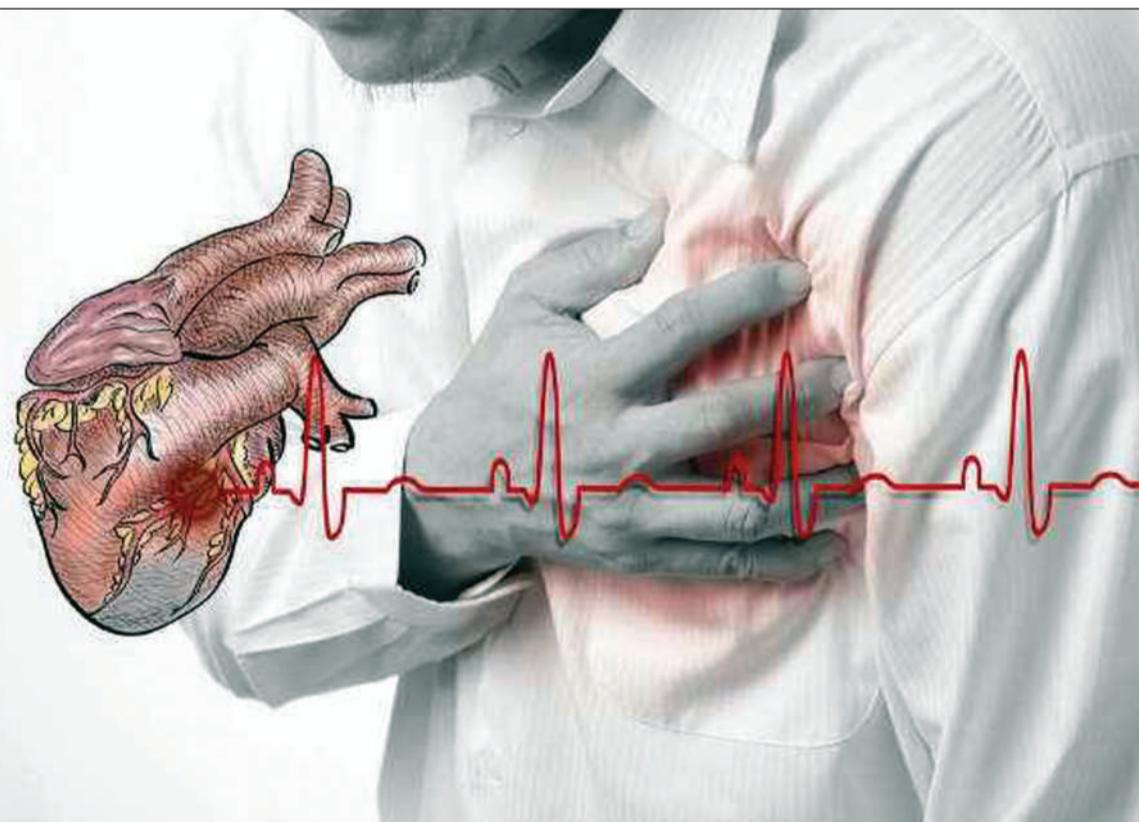
A rapid or an RT PCR test is the best way to tell whether you have the infection or not.

How to treat COVID headaches

In case of severe headaches, it is imperative that you consult your doctors for a proper diagnosis.

In order to manage your headache at home, you can take an over-the-counter medication (with a prescription from your physician). Additionally, rest can make a whole lot of difference. Massage your forehead and temples to get instant relief and drink plenty of water, since dehydration can also cause headaches and dizziness.

Heart problem: Do not ignore these early signs of heart issues



Before it needs serious medical help, the heart always sends out signals and warnings. A good heart is the key to a healthy life. Hence one should be aware of the risk factors and the warning signs of a heart condition so that it may alleviate a growing complication with timely medical intervention. The common problem with heart issues is that people do not recognise the warnings before it is too late. One of the leading causes of death globally, heart ailments claim close to 18 million lives each year. More than four out of five cardiovascular disease deaths are due to heart attacks and strokes, and one third of these deaths occur prematurely in people under 70 years of age, a WHO report says.

There are several reasons why people get heart disease. While unhealthy diet, physical inactivity, tobacco use and excessive consumption of alcohol are the major reasons behind it, raised blood pressure, raised blood glucose, raised blood lipids, and overweight and obesity are the potential risk factors.

Here are the common signs of heart problems, which should never be ignored:

Chest discomfort

If you are someone who experiences this regularly but ignores it assuming it to be gas or heartburn, then you are wrong. Few minutes of chest discomfort, which gets overlooked many times, is actually a bad omen for heart health. There are several ways you can feel this discomfort. Sometimes it would seem like something heavy like a big boulder is sitting on your chest and sometimes it would seem like something is pinching you inside there. Whatever may be discomfort, if it bothers you or lingers for a longer duration or happens frequently, then take help from a doctor.

Pain that shoots through arms

This is a typical sign of heart attack. If for no reason, all of a sudden a strong pain radiates down your body on the left side, there is a higher chance that it is not a normal pain and it is a heart attack. Do not ignore this sign and take medical help immediately.

Feeling lightheaded

How often do we ignore this sign saying it's just a mere exhaustion! Well, it is not when it comes to heart. While a number of reasons can make you lose balance or feel dizzy for a while, the possibility of heart issues can not be ruled out completely.

Pain in jaw

This is another important sign of heart disease which not many know or even if they know they associate it with dental issues. Pain in the jaw or sometimes throat region in heart attack is mainly due to the pressure that passes on to these areas from the heart.

Snoring

Snoring is considered to be normal. But when it becomes louder, you need to be aware that it might be sleep apnea, in which the person gasps for breath during sleep. In this potentially lethal sleeping disorder a person's breathing repeatedly pauses and starts.

Set your child's routine to cope up with the re-opening of schools



With the last two years bringing about unprecedented changes, the pandemic has affected not just industries and economies but also extremely little things like your child's routine. Children have been lying in bed, attending online classes from the comfort of their homes and have totally grown estranged to their pre-pandemic routines that entailed getting up early and going to school. In addition to this, having parents around all the time has also led to considerable changes in their lives which is now about to change, again. After having been out of touch of their regular lives for so long, it is difficult for children to accommodate themselves to their new routine. Here are four ways in which you can manage the AM-PM routine of your little one.

The night routine

In order for your child to have a balanced lifestyle, it is important for it to sleep on time. Ensure that you tuck it in bed at around 10 PM so that it gets to sleep for at least eight hours. Fixing screen time and not allowing any exposure to any kinds of screens is vital for quality sleep. Reading books to your child before bed, asking them to wash their hands and face and making them wear clean clothes are other things that help a good sleep and a better sleeping routine. You can also massage their hands and feet occasionally so that they can relax properly.

The morning routine

A good morning routine is extremely important to enable your child to lead an active life and do all its everyday chores without getting tired. Setting an alarm for the morning will allow the child to wake up on time and gradually develop a healthy routine. It will also set in motion, the activities for the entire day to follow. Splashing a few drops of cold water on the face and eyes will also help your child wake up early and stay fresh.

Eight hours of sleep

Sleeping for eight hours every day is very important for your child's development. It will also make it easier for it to wake up early in the morning and stay energized throughout the day. Put your child to bed early and make sure it sleeps on time.

No afternoon naps

Sleeping in the afternoon can help the child take rest but afternoon naps can often turn into long naps that last for an hour or two. This can disrupt the entire biological clock of the child. Try and engage your child in mental or physical activities like a board game or some dancing.

