



Headaches and fevers are two of the most reported symptoms of COVID-19. Some people develop both, but many people develop one of these symptoms without the other. Researchers at the Hospital Universitario de La Princesa in Madrid, Spain, found that patients with COVID-19 who developed headaches as an early symptom of infection had a milder illness and less risk of death.

Studies have found that anywhere between 10 to 70 percent of people with COVID-19 develop headaches. About 25 percent of people experience migraine episodes, while 75 percent experience tension headaches. In an April 2021 review of studies, researchers found that among 17,515 people with COVID-19, 79.43 percent of people developed fevers. Early data shows that headaches are one of the five most reported symptoms of the Omicron variant.

A study published in *The Journal of Headache and Pain* found that headaches in a group of 576 people with COVID-19 were associated with fever, being female, body aches and loss of smell. On the contrary, a December 2020 study found no connection between headaches and fevers among 112 healthcare professionals infected with COVID-19.

Headaches with or without a fever can be a long-haul symptom of COVID-19. As per experts, headaches in the case of Omicron can be the body's inflammatory reaction as it fights off the virus. Headaches caused due to the Omicron variant also lasts for three days, even if you take painkillers regularly. More people seem to develop headaches as a long-haul symptom than fevers.

When to see a doctor for headache

If you suspect you have COVID-19, it's important to isolate yourself from others. Most cases of COVID-19 can be treated at home with plenty of rest, but it's important to seek immediate medical attention if you develop emergency symptoms, such as trouble breathing or chest pain. Doctors advise to seek immediate attention if your headache is paired with slurred speech or blurry vision.



10 ways you can improve your child's listening skills

When a child does not listen, it is obvious for the parents to get angry but what actually the situation demands is to be gentle and kind to the child and make them understand what proper mannerism is.

In an ideal situation a child should sit down and listen to what others say, focus on it and then act on it. However, in real life, parents go through a lot to make their child listen to them. Biologically, a child's listening skills develop after the proprioception and vestibular sense develop in it. This development usually occurs before the age of six. While proprioception is the body's ability to sense movement, action and location, vestibular sense guides our movement and balance sense.

There are several factors behind this, most of which centre around parental understanding. Parents are too busy becoming parents that they forget that they are dealing with a child who does not have any understanding of worldly affairs.

What to do when your child does not listen?

1. Go to your child and get down to their level: When your child does not listen to you and keeps on doing mischief, just go to them and get down to their level. You



10. Be childish: Children love fun. Try childish techniques like singing, playing, whispering into ears. This fun way will accept your teachings actively.

Signs of dementia: Know them for timely medical intervention

Dementia gradually grows in an individual. One does not get dementia all of a sudden; instead there are several signs of dementia which show in an individual and these signs worsen in course of time.

"The most common sign is a memory problem, and it's usually episodic, meaning that it's hard to remember events in your life, past and present," says Dr. David Caplan, a professor of neurology at Harvard Medical School.

Memory problem

A decline in memory capacity is what has been said by experts the main sign of dementia onset. When people experience a gap in recent or past memories they should be alert about it and focus on improving it.

Do not ignore a memory lapse. If it is occurring in frequent episodes then make sure



to take help from experts.

Inability to take a decision

The confusion associated with dementia makes it difficult for the individual to plan anything or to take a decision on anything. This increased confusion affects the normal functioning of an individual for which he or she starts relying on others.

Depression and diseases related to declination of cognitive health go hand in hand. As per a study published in the Archives of General Psychiatry people who were depressed late in life had a 70% increased risk of dementia, and those who had been depressed since middle age were at 80% greater risk.

There are various signs of depression like feeling lonely, lack of enthusiasm, irritability, loss of interest, confusion, trouble sleeping, changes in appetite and pessimism.

Dementia is also characterised by other signs like: forgetfulness, losing track of the time, becoming lost in familiar places, becoming forgetful of recent events and people's names, becoming confused while at home, having increasing difficulty with communication, needing help with personal care, experiencing behaviour changes, including wandering and repeated questioning.

When the condition has already progressed and has worsened, signs like becoming unaware of the time and place, having difficulty recognizing relatives and friends, having an increasing need for assisted self-care, having difficulty walking and experiencing behaviour changes that may escalate and include aggression.

The WHO has listed the above symptoms of dementia and calls for immediate action. "As the proportion of older people in the population is increasing in nearly every country, this number is expected to rise to 78 million in 2030 and 139 million in 2050," it warns.