

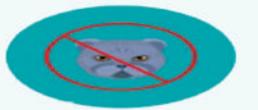
STATE TIMES

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PROTECT YOURSELF FROM COVID-19



Croup vs Coronavirus: How to differentiate between symptoms

The SARS-CoV-2 infection has given rise to several respiratory symptoms including cough, sore throat, runny nose and shortness of breath. Additionally, fever, fatigue, joint pain are some of the most common symptoms reported in COVID-19 patients.

Additionally, with the onset of the Omicron variant, croup, a respiratory condition, has been widely reported in children, who tested positive with COVID-19. However, croup is also an illness caused by other viral infections. So how can you tell if your croup symptoms are due to COVID or other respiratory illness. Here's everything you need to know.

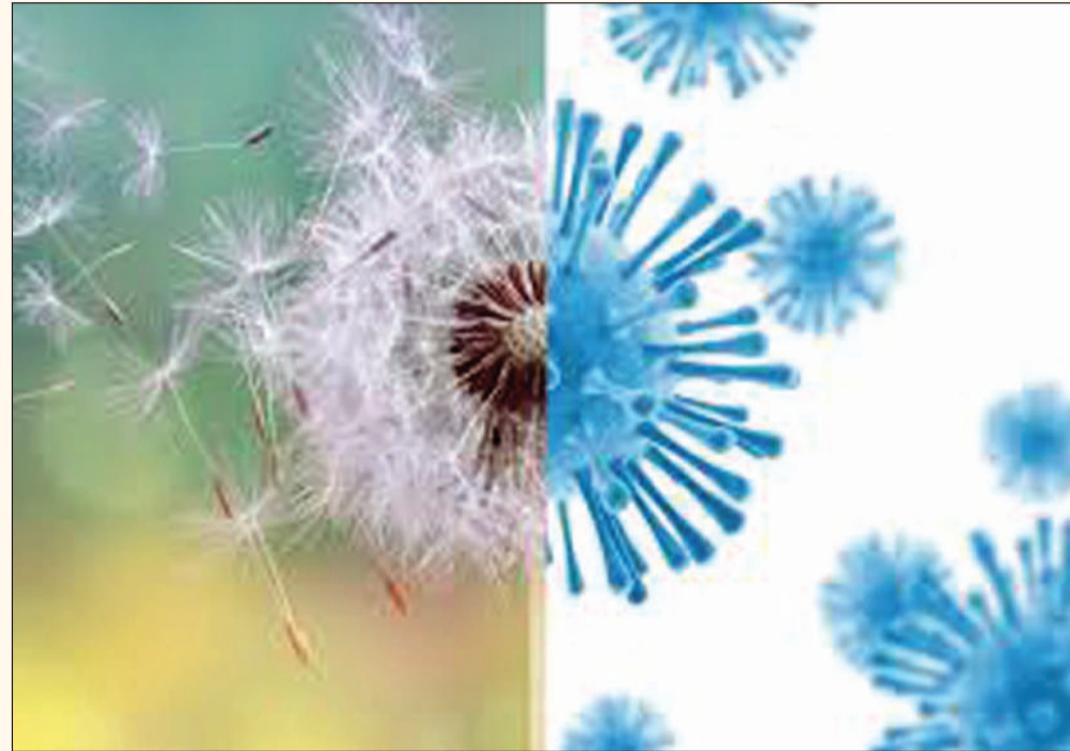
Croup is a respiratory illness which involves an infection of the upper airways that mostly affects young kids. It is characterized by a "barking" cough or a stridor, which is an abnormal, high-pitched sound caused by a blockage in a child's upper airway.

Generally, croup is caused by parainfluenza viruses. However, study finds that other viruses such as influenza viruses, adenoviruses, enteroviruses and the respiratory syncytial virus (RSV) can lead to this illness too.

Croup symptoms reported in COVID-19 positive children

According to a study conducted by researchers at the Universities of Colorado and Northwestern in the US, many children reported an upper airways infection during the Omicron surge.

The study published in the JAMA Pediatrics examined 18,849 children hospitalised with COVID-19, of which about 384 had an upper airway infection. More than one-fifth of the children were said to have developed severe illness, requiring ventilation, vasopressors or even succumbing to it. "Children with severe upper airway infection are at risk of cardiac arrest from rapid-onset upper airway obstruction.



They may require therapies typically provided in intensive care units, including frequent administration of nebulized racemic epinephrine, helium-oxygen mixtures, and intubation," says Blake Martin of the Department of Pediatrics at the University of Colorado's School of Medicine and a study author.

Another report published by The American Journal of Emergency Medicine found that three children, aged 11 months, 2 years, and 9 years showcased symptoms of croup. All of the kids had tested positive for the SARS-CoV-2 virus.

How to tell the difference between croup and COVID-19?

Usually, the first signs of croup include a fever, runny nose or a sore throat, which are also some of the classic signs of COVID's Omicron variant. However, what differentiates it from what most COVID patients experience is a "barking" cough. This can sometimes be accompanied with a stridor, described as a harsh, high pitched sound. A stridor can bring along shallow breathing and flaring of the nostrils.

With COVID-19 the symptoms are more wide-ranging. From something as common as a fever, cough and fatigue, it can progress to a loss of sense of smell and taste, shortness of breath, digestive issues and more.

Another thing to note is that croup is an illness more prevalent during the fall and the winters, while COVID-19 can occur all-year round.

Ways to treat croup symptoms

Most cases of croup can be treated and managed at home.

Resting, drinking plenty of water, over-the-counter medications prescribed by doctors can help bring down the symptoms associated with croup. It is imperative that the children are made comfortable and if the respiratory distress worsens, call for medical help immediately.

Tips to remember before buying a designer bridal lehenga



Search for designs online

It is important to do some research before hitting the market as the trends of wedding outfit keeps changing every season. Searching for lehenga designs online, checking out the types of embroidery and colours prior to the purchase will help one to avoid confusion and hesitation.

Fix a budget

Each bridal lehenga varies in price as the embroidery and fabric used differs. It will be helpful for one if they decide on the budget as per their research, doing so will allow one to know the average cost of the designed lehenga and avoid scams.

Make appropriate time

Shopping for a bridal outfit needs time and dedication, hasting at the last moment or just one month before the wedding will lead to problems. It is crucial to make yourself available and start shopping 6 months prior to your wedding day.

Look for comfortable fabric

The fabric of your wedding outfit plays a crucial role, as being comfortable is one of the priorities in a wedding to enjoy the wedding as you expect it to. Since, the embroidery of the lehenga varies on every design it is important to select the perfect outfit which will make you feel comfortable and at ease on your wedding day.

Take climate into consideration

Climate is one of the important factors one should take into consideration. Opting for lehengas that have heavy fabrics and embroidery during summer season might lead to uneasiness whereas opting for light embroidery and light fabric during winter season would make you feel uncomfortable.

Pay attention on overall clothing

Apart from lehenga design, accessories, dupatta and blouse play a key role. Before selecting your perfect lehenga it is important to look for a dupatta that matches the lehenga completely and looks elegant. The cut-type of the blouse is also important as it defines and brightens up the lehenga. Accessories are the key structure for a bridal lehenga as it has an essence to it which brings out the richness of a outfit.

Spare enough time for alteration

Many brides do not pay close attention to alteration and at the last moment are left with the feeling of regret. Trying out your wedding outfit while purchasing, making time for alterations and asking for the required outfit much prior to the wedding day is equally important as alterations at the last moment are not always



possible. Since wedding is mostly a once in a lifetime experience it is crucial to make everything work the best way. The tips mentioned in this article will help you to select a perfect wedding outfit and make you sway with confidence on your wedding day.

The entire process of a wedding preparation itself puts a lot of pressure on the bride. So, it's pretty natural for a bride to be confused about the bridal lehenga for her big day, so here are some very basic but essential tips to remember while buying a designer lehenga for your wedding day, courtesy Aaliya Deeba, founder of Ideebs London, a couture label.

Invaluable lessons children can learn from author Ruskin bond's life

For decades now, author Ruskin Bond has inspired us with his works of literature. His books, his words, his anecdotes have all filled our lives with joy and jubilation. Many of us cannot even imagine a childhood without his enchanting stories and many continue to relive the best memories of their lives through his timeless books.

But apart from his literary works, his life itself is an inspiration, a motivating force for most of us. Children can learn so much from his experiences. That said, here are priceless takeaways from his life, something that could encourage kids to reach the height of success too!

Do not be afraid to start early

Children are innocent and vulnerable. They have fears, insecurity and are dependent on their parents or other caregivers. However, to kickstart their success journey, they do not need to wait to become adults. Rather they need to follow their instincts and be in sync with their skills and talent. At least that's what Ruskin Bond did! He was only 16 when he wrote one of his first short stories "Untouchable" and his first novel "The Room on the Roof" at age 17.

Let your passion flow

There was never a stop or an end to what Ruskin Bond did as a writer. From writing short stories, weaving narratives, creating characters to freelancing and working in publishing houses, he immersed himself into the world of literature and practiced his art throughout his life. Even at the age of 88, he is still following his passions.

Earn and sustain to be independent

From a young age, Ruskin Bond made ends meet on his own. He wrote short stories and poems for newspapers and magazines to sustain himself. In an interview with the Hindustan Times, reminiscing his youth days, he said, "So I wrote short stories and poems and religiously bombarded newspaper and magazine editors with them. Sometimes I got lucky and some got selected and I earned a few hundred rupees."

Be resilient

Although Ruskin was a powerhouse of talent, he was not spared of turbulence during childhood. He was bombarded with several instances which could have driven him astray from his writing career, but he overcame all those challenges and found solace through his writings.

Keep experimenting and it will only help you grow

Over the years, Ruskin has grown tremendously as a writer. While keeping his writing style simple, he has experimented with different genres including fiction, novella, short stories and has written for the young population too. Similarly, people need to experiment and evolve with time. Being too comfortable with one particular way may only bring in monotony and the unwillingness to grow.

