

EDITORIAL

TRENDING THIS MONTH



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Glimpse of July

As the lockdown restrictions are being lifted across the world, people are slowly stepping out of their houses once again as they return to their work. However, as the coronavirus continues to be a threat, practising social distancing is of paramount importance.

Some common things that we should avoid touching are support bars, rail bars, escalator hand rails, gym equipments, common facilities at work like laptops and key boards, door handles, menu cards, cosmetic testers, elevator buttons, ATM keypads and others. Sometimes it is difficult to avoid exposure, so next best thing is to carry a sanitizer with you and clean your hands frequently.

And last but not the least, do not self-medicate. Contact your doctor at the slightest suspicion of illness.

Wishing you a healthy and happy festival season.

Difference between flu and COVID 19

Common cold, flu are some of the common disorders, especially in rainy season. Depending on the severity, all of us generally manage it without anxiety and fear. But since the emergence of Covid-19 and the similarity of symptoms of Covid-19 with both these respiratory disorders, it creates confusion and panic. This is the reason why we should be aware about the differences in viral infections caused by common flu or influenza virus and Covid-19.

| Differences between Covid-19 & Influenza infection | Covid 19 | Influenza (Flu) |
|---|---|--|
| Time from infection to appearance of symptoms | 2-14 days | 1-4 days |
| Spread of infection | Slower | Faster |
| Transmission chances the number of secondary infections generated from one infected individual | 2 days prior to symptom onset - upto 10 days 2 to 2.5 times higher | 1 day prior to symptom onset - upto 3 to 5 days Lower |
| Infection in children | Children are less affected than adults | Children are considered to be important drivers |
| Severity of infection | 80% of infections are mild or asymptomatic; 15% are severe infection, requiring oxygen and 5% are critical infections, requiring ventilation. | Fractions of severe and critical infection are much lower |
| Risk is higher in | Elderly and those with underlying chronic medical conditions | Children, pregnant women, elderly, those with underlying chronic medical conditions an those who are immunosuppressed. |
| Mortality rate | 3 to 4% | 0.10% |

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Though most symptoms appear to be similar, there are fine differences which can be indicators.

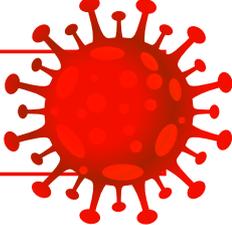
| Symptoms | Coronavirus <small>Symptoms range from mild to severe</small> | Cold <small>Gradual onset of symptoms</small> | Flu <small>Abrupt onset of symptoms</small> | Seasonal Allergies <small>Symptoms may improve or worsen depending on environment</small> |
|-----------------------------|--|--|--|--|
| Fever | Common | Rare | Common | Sometimes |
| Fatigue | Sometimes | Sometimes | Sometimes | Common |
| Cough | Common (usually dry) | Mild | Common (usually dry) | Common |
| Sneezing | No | Common | No | Common |
| Aches & pains | Sometimes | Common | Common | No |
| Runny or stuffy nose | Rare | Common | Sometimes | Common |
| Sore throat | Sometimes | Common | Sometimes | No |
| Diarrhea | Rare | No | Sometimes in children | No |
| Headaches | Sometimes | Rare | Common | Sometimes |
| Loss of taste/smell | Sometimes | No | No | No |

Please note: Upper respiratory symptoms, like runny nose and sinus congestion, are very uncommon in COVID-19.

While there are a number of therapeutics currently in clinical trials and more than 20 vaccines in development for COVID-19, there are currently no licensed vaccines or therapeutics for COVID-19.

In contrast, antivirals and vaccines are available for influenza.

The influenza vaccine does not give protection against COVID-19 virus.



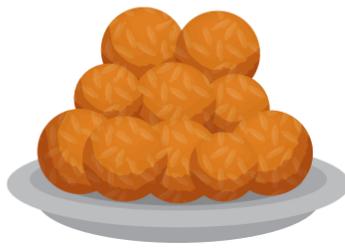
Disclaimer: In case any symptoms are observed, in current pandemic situation, we recommend contacting your physician for diagnosis and professional advice.

Source of information:
 • Who.int. 2020. Question And Answers Hub. [online] Available at: <<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub>> [Accessed 6 August 2020].
 • Centers for Disease Control and Prevention. 2020. Similarities And Differences Between Flu And COVID-19. [online] Available at: <<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>> [Accessed 5 August 2020].
 • <https://intermountainhealthcare.org/blogs/topics/live-well/2020/03/whats-the-difference-between-a-cold-the-flu-and-coronavirus/>https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-similarities-and-differences-covid-19-and-influenza?gclid=CjwKCAjwjqT5BRAPEiwAJIBuBSWkpSKxYy85EBhY2SKj_O-b68QoWN6VU6f_XH1wsWiRh-H5VYEIAxoCjP4QAvD_BwE



HEALTH@HOME

Build your immunity at home



Food can provide us with the critical building blocks to health and vitality and more importantly, keep our immune system in tip top shape. Indian spices and dishes are not just for filling the stomach and making a dish tasty but has a lot of health-related benefits.

Here is a simple recipe for **Immunity Laddoos**, which will help immunity improvement and save you from buying exotic and expensive immunity boosting products in the market. Filled with anti-inflammatory and immune boosting properties, this is the ideal morning and mid-afternoon snack.

HEALTHY IMMUNITY LADDOOS

| Ingredients | Benefits |
|--|--|
| ▶ 3 tbsp – Clarified butter (ghee) | Antioxidant, balances hormones and maintaining healthy cholesterol, improves immunity |
| ▶ 1/4 cup – Jaggery | Detox, antioxidant, digestive, rich in iron, zinc and selenium |
| ▶ 1/2 cup - Dates | High in nutrition and fiber, Energy booster, Helps nervous system & bones |
| ▶ 1/2 tbsp – Fresh turmeric powder | Antimicrobial, anti-inflammatory, antioxidant |
| ▶ 1/2 tbsp – Dried ginger powder | Anti-inflammatory, antibacterial, antiviral, improves digestion |
| ▶ 1/2 tsp – Freshly ground cinnamon powder | Antioxidant, antibiotic, and anti-inflammatory, healing agent |
| ▶ 1/2 tsp – White sesame seeds – lightly roasted | Contains healthy fats. Good source of energy, high fiber content, lowers cholesterol & triglycerides |
| ▶ ¼ cup – mix dry-fruits - thinly sliced/cut & lightly | Rich vitamin sources |
| ▶ Roasted <ul style="list-style-type: none"> ▪ Almonds ▪ Cashew ▪ Pistachios ▪ Walnuts | <ul style="list-style-type: none"> ▪ Powerful antioxidant. Helps skin, heart, improves immunity, vitamin rich ▪ Helps skin, woundhealing, Stomach & GI health ▪ Antioxidant, lowers sugar & cholesterol ▪ Helps diabetics and high BP patients, strengthens nervous system, memory |

METHOD

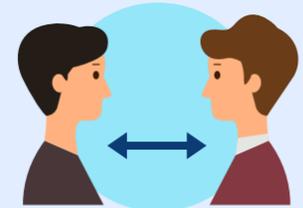
- Heat the clarified butter in a non-stick pan on low heat. Add the jaggery and mix well.
- Continue heating on low heat till both are properly combined and form a golden syrup.
- Mix all the other ingredients including date pulp in a bowl.
- Add the melted clarified butter and jaggery mixture to the dry ingredients in a bowl.
- Cover your palm with ghee and mix all ingredients together. Knead lightly.
- Take a small portion of the mixture and shape into one-inch size round balls.
- Store the immunity laddoos in an air-tight container.



FUN THERAPY



WHEEL OF WELLNESS



Social wellness during Social Distancing

In these lockdown times, it is important to recognize, understand and implement actions that will raise our Social Wellness Index.

Social Wellness means being happy with the society. Being in touch with friends, relatives, being active on social groups and having trusted friendships to confide and talk matters. The drastic change in social relationships due to the enforced lockdown and social distancing can have an emotional impact and it calls for a strong social wellness quotient to ride over the storm.

Here are some tips to stay connected with loved ones in a world of self-isolation

- Make efforts to build communication bridges at personal, professional and community level
- Start with youngest and oldest members of the family (two major groups that could really benefit from regular check-ins and video chats)
- Revive old memories and connects
- Talk to family and friends to help them work through their feelings
- Create fun, new ways to interact
- Share information/ activities to spend virtual time together
- Communicate to help manage anxiety and stress
- Avoid negative conversations / discussions
- Express your concerns with people and get solutions and opinions
- Include more wellness related joint activities like yoga, meditation, chanting etc
- Music can be a good option to connect
- Practice act of kindness

Let your efforts show your loved ones that you want to be there when they need you.

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