

# STUDENT BULLETIN BOARD

June 2020

THIS ISSUE OF OUR SBB WE FELT IT OUR RPIME RESPONSIBILITY TO PROVIDE YOU LITERATURE THAT WILL HELP YOU PREVENT CONTRACTING THE VIRUS. WE ALSO RECOMMEND THAT YOU REGULARLY VISIT THE WEBSITE OF WHO AND KEEP YOURSELF UPDATED TO AVOID ANY MEDICAL MISHAPS

## PROTECT YOURSELF AND OTHERS FROM THE SPREAD OF COVID-19

By taking some simple precautions, you can reduce your chances of being infected by the COVID-19 virus:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 metre (3 feet) distance between yourself and others. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 metre (3 feet).
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others. Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses.
- If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

- Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities. Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.

### **Safe Use of Alcohol-Based Hand Sanitizers**

To protect yourself and others against COVID-19, clean your hands frequently and thoroughly. Use alcohol-based hand sanitizer or wash your hands with soap and water. If you use an alcohol-based hand sanitizer, make sure you use and store it carefully.

- Keep alcohol-based hand sanitizers out of children's reach. Teach them how to apply the sanitizer and monitor its use.
- Apply a coin-sized amount on your hands. There is no need to use a large amount of the product.
- Avoid touching your eyes, mouth and nose immediately after using an alcohol-based hand sanitizer, as it can cause irritation.
- Hand sanitizers recommended to protect against COVID-19 are alcohol-based and therefore can be flammable. Do not use before handling fire or cooking.
- Under no circumstance, drink or let children swallow an alcohol-based hand sanitizer. It can be poisonous.
- Remember that washing your hands with soap and water is also effective against COVID-19.

**Source: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>**

### **PHOTO CAPTION CONTEST**



**Send A Caption To This Photo In Not More Than 20 Words to [researchcell@patuck.edu.in](mailto:researchcell@patuck.edu.in) mentioning your name and class in the mail**

## **6 WAYS TO TAKE CARE OF YOUR MENTAL HEALTH DURING THE LOCKDOWN**

Most of us wake up in the morning and turn the TV on or use our mobile phones to consume information about this rapidly evolving pandemic. However, this constant bombardment of information and news feels overwhelming, at times. It gives us a sense of how vulnerable we are compared to nature's forces.

The lockdown and self-isolation can also trigger our emotions, making us feel anxious or stressed. While these feelings are completely normal because of the unprecedented circumstances we are in, it is important to curb its impact on us both emotionally and physically.

Here are a few simple steps you can take to ensure that your mental health is well taken care of !

### **1. Talk to Family and Friends**

While some of us are living through this lockdown with our families, many of us are not. We're away from home and the situation is getting the worst of us. So, pick up your phone and talk to your parents. They must be as anxious as you are, but sharing your thoughts will definitely make you feel much lighter and less lonely. Video call your friends and share a laugh or two; throw in a beer if you want. It's also one of the best times to connect with the friends you have lost touch with. Connecting with each other, even if it is virtual, sharing our thoughts, feelings and a whole lot of gossip can reduce the stress considerably.

### **2. Stick to a Routine**

While most of us would love to sleep in, because we do not have offices to rush to, having a set time is important for our mental well-being. It helps us feel that we are in control of the situation. So eat your meals at regular times, and have set times for sleeping and waking up. Unstructured time is known to create boredom and can cause spikes in anxiety or depression.

Also, try making to-do lists for the day. Striking things off at the end of the day is therapeutic. But also, don't beat yourself up if you did not complete something. There is always a new day for that.

### **3. Meditate / Exercise**

Instead of waking up to your phone, start your day with meditation. Research shows that meditation reduces the symptoms of depression and anxiety. A good 10-minute meditation in the morning can calm you considerably and enhance self-awareness.

But if you are not the kind to meditate, working out at home is a good way to stay healthy and kill time. Anything that gets your heart pumping or helps build muscle is excellent for both

physical and mental health. You can find workout videos online as well as tune into the various Instagram live sessions conducted by fitness experts.

#### **4. Recite Positive Affirmations And Be Grateful**

When you are washing your face in the morning, look at yourself in the mirror and say positive things like ‘You are amazing’ and ‘You are going to get through this’. Trust me, while this sounds stupid, it gives boosts your self-confidence in a hot second. Do not forget to smile at yourself too.

Another thing to practice is to write down 5 things you are grateful for when you start or end your day. Practicing gratitude for the things we have has been shown to have huge benefits for our mental health.

#### **5. Get Creative**

All of us have a hidden artist inside us. So let that creative being out and make her / him try something new every few days. Pursue that hobby you have been long ignoring. Draw, paint, sing, play an instrument, dance, use all this time in your hand to let the artist in you create. You never know, you might just surprise yourself. Also, you do not necessarily have to be good at everything. It is important to do these things just for fun.

#### **6. Disconnect**

This is the most important of them all. When everything gets overwhelming, and it will, limit your consumption of news and social media and just breathe. It is important to switch off sometimes to rejuvenate our mind. Avoid news that could make you feel anxious and choose to read stuff that is practical and helpful. Also, if possible, try to consume positive stories.

Possibly it might be difficult, but following these steps and allowing ourselves to feel everything, without beating ourselves up, is important. So stay in, stay safe, connect and breathe! Also, keep washing your hands!

**Source: <https://curlytales.com/ways-to-take-care-of-your-mental-health-during-the-lockdown/>**

## **LIST OF IMMUNITY BOOSTERS TO HELP YOU FIGHT INFECTIONS**

### **What are Immunity Boosters?**

Immunity is our bodies' ability to provide resistance or protection against diseases and infections caused by pathogens such as viruses, bacteria, parasites, and other harmful microorganisms. So, naturally, immunity boosters are foods, fruits, vegetables, or even artificially designed supplements that help us increase this ability to fight against illnesses.

All the parts of our body that help us fight against diseases and help improve our immunity are collectively named as the immune system. Our immune system has the ability to detect harmful bacteria and viruses that enter our body – these cells, also known as antigens, attack them by producing 'antibodies.'

### **White Blood Cells and Immunity**

White blood cells, otherwise known as WBCs, are the supreme warriors of the immune army. Different kinds of WBCs fight together against any foreign element that harms our body; these include –

- B-cells
- T-cells
- helper T-cells
- killer T-cells
- memory cells

### **Aging and Immunity**

With age, however, our immune system stops functioning to its maximum potential. For example –

- It may become slower to respond to the pathogens
- The number of immune cells produced by the body may reduce, prolonging the healing time
- The immune system's ability to detect cell defects may also decline
- The body may also develop an autoimmune disorder, which causes the immune system to mistakenly attack and destroy the healthy bacteria or the good cells and tissues

This is how our immunity declines as we age, implying that older adults are more prone to infections and diseases. Because the number of immune cells lessens, the communication among them gets hampered. As a result, they take longer to react to harmful bacteria and cannot defend the body efficiently.

The T-cells in the immune system have a function of ‘remembering’ the harmful antigens to be able to fight against them better in the future. And, as we age, the production of T-cells reduces. Vaccines require newer T-cells to work, and in this case, due to the lack of these cells, they cannot work as actively.

## **Immunity and Corona**

With the onset and the rapid spread of the global pandemic, Corona, or COVID-19, the ones that are most likely to be affected are seniors. This virus is more deadly for people with lower immunity and chronic health conditions. In such a case, older adults must pay more attention to improving their immunity. A better immune system would imply better chances of preventing or warding off the virus, and higher chances of recovery even if the disease has been contracted.

## **Natural Immunity Boosters**

Here are a lot of foods, fruits, and vegetables that can naturally enhance your immune system. One of the easiest ways to improve your immunity is to have a healthy and wholesome diet.

- Fruits and vegetables that are rich in beta carotene, Vitamin C, Vitamin E, and zinc are good for boosting immunity. These include broccoli, cauliflower, kale, kiwi, orange juice, papaya, red, green or yellow pepper, sweet potato, strawberries, tomatoes, avocados, peanuts, almonds, spinach, eggs, dairy, milk, and more
- All kinds of berries, along with foods rich in omega-3 fatty acids such as beans, flax seeds, and even some nuts can be consumed to strengthen immunity
- Some of the immunity-boosting herbs are garlic, black cumin, and licorice

## **Healthy Practices to Maintain Immunity**

Consuming immunity boosters as part of your diet, and daily supplements are just a part of developing a healthy immune system. To help you further maintain healthy living, we have come up with some daily practices –

- Exercise regularly - This helps in blood circulation and keeps the heart healthy and body relaxed
- Get vaccinations and immunizations to prevent diseases such as pneumonia, flu, hepatitis, and others
- Sleep adequately and stay hydrated. This practice is one of the best ways to boost immunity naturally
- Quit smoking and consume limited alcohol. Smoking and excessive drinking weaken your immune system

By sticking to a healthy and nourishing diet, exercising regularly, and consuming daily supplements, you can have an excellent immune system and stay healthy, safe, and active!

**Source:** <https://www.seniority.in/blog/list-of-immunity-boosters-to-help-you-fight-infections/>

**DECLARATION : THIS IS PURELY FOR ACADEMIC READ OF STUDENTS**