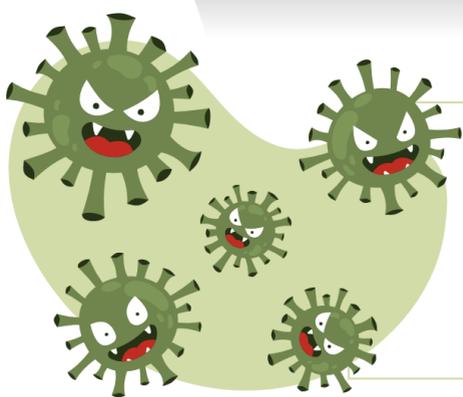


J. B. BODA WISHES
EVERYONE A HEALTHY AND

Happy New Year!



WHAT DO WE KNOW ABOUT OMICRON?

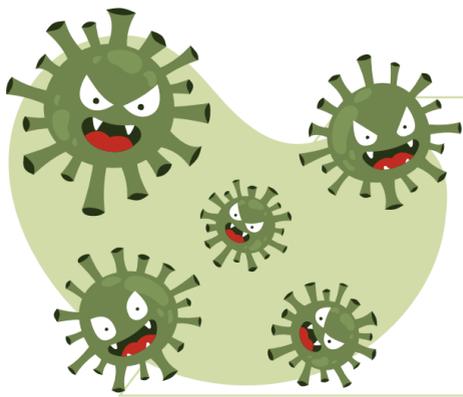
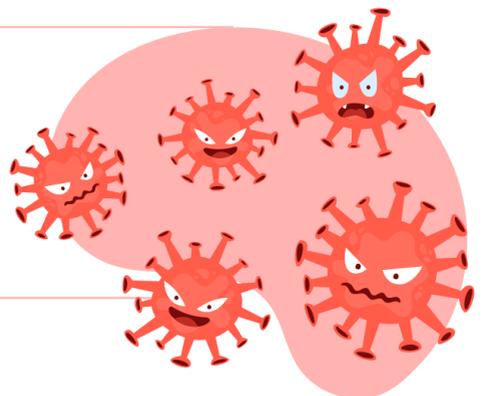


Q) Is Omicron presenting with any symptoms? What are they?

Omicron variant has shown a full range of illness right from mild or no symptoms, to hospitalisation. The symptoms are the same as typical Covid infection but seem less severe than the Delta variant.

Q) Do current COVID-19 tests detect the Omicron variant?

The widely used PCR and antigen-based rapid diagnostic tests continue to detect infection of COVID-19, including Omicron.

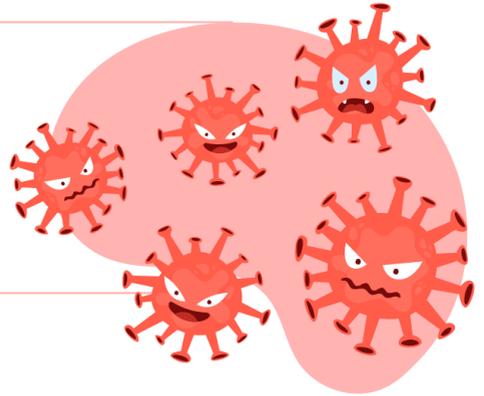


Q) How can we protect ourselves from Omicron?

The usual preventive measures like staying away from crowded areas, use of masks and sanitiser and improving ventilation does help in protecting you from this variant. Moreover, vaccination has shown to reduce or help prevent the infection in the individuals, so vaccination is very important.

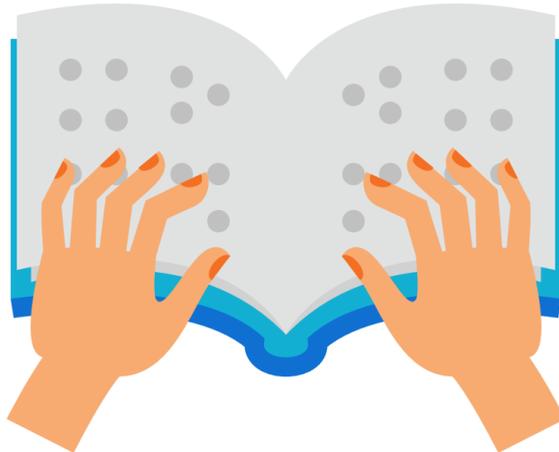
Q) Is the Omicron variant more contagious?

Omicron is spreading more quickly than other variants. Based on the information available, WHO believes it is likely that Omicron will outpace the Delta variant where there is COVID-19 transmission in the community. .



INTERESTING FACTS ABOUT BRAILLE

World Braille Day – 4th January



1

Braille is not a language. It is an alphabet that can be used to write almost any language. There are braille versions of Spanish, Chinese, and many more languages.

Braille started out as a Military code.

2

3

Braille takes up much more space than our usual scriptures.

There is a Braille Olympics held every year where students compete for their comprehension, reading and writing braille.

4

5

To type braille, there is a special machine called- Braillewriter.

NATIONAL FOLIC ACID AWARENESS WEEK

January 3rd – 10th



Folic acid is a type of Vitamin B also known as vitamin B₉ and folacin.

SOURCES	USES
Green leafy vegetables like Spinach, cabbage, kale, chickpeas, liver meat, kidney beans, nuts, chicken and dairy products.	It helps make new and healthy cells, promotes brain health and also recommended in certain heart diseases. Used extensively while pregnancy or even planning a pregnancy to avoid any kind of birth defects and a healthy baby.





BUSTING MYTHS ABOUT LEPROSY

World Leprosy Day - 30th January



MYTH 1:
Leprosy can not be cured.

MYTH 2:
Leprosy spreads by contact.

FACT 1:
Leprosy is curable with antibiotic therapy.

MYTH 3:
Leprosy patients should live alone in an isolated home.

FACT 2:
It is not easily transmissible as the bacteria can not travel with skin to skin touch.

MYTH 4:
Leprosy causes fingers to fall off.

FACT 3:
Leprosy patients can live a normal life with visiting schools/workplaces, etc.

FACT 4:
The disease causes numbing of the fingers, which if hurt or further infected and left unnoticed, may get reabsorbed in very advanced stage of the disease

THYROID AWARENESS MONTH



Signs you have Thyroid disease



Anxiety and irritability



Nervousness



Weight fluctuations



Muscle weakness



Vision difficulties



Hair loss



Memory problems

CERVICAL HEALTH AWARENESS MONTH

How to keep your cervix cancer-free?



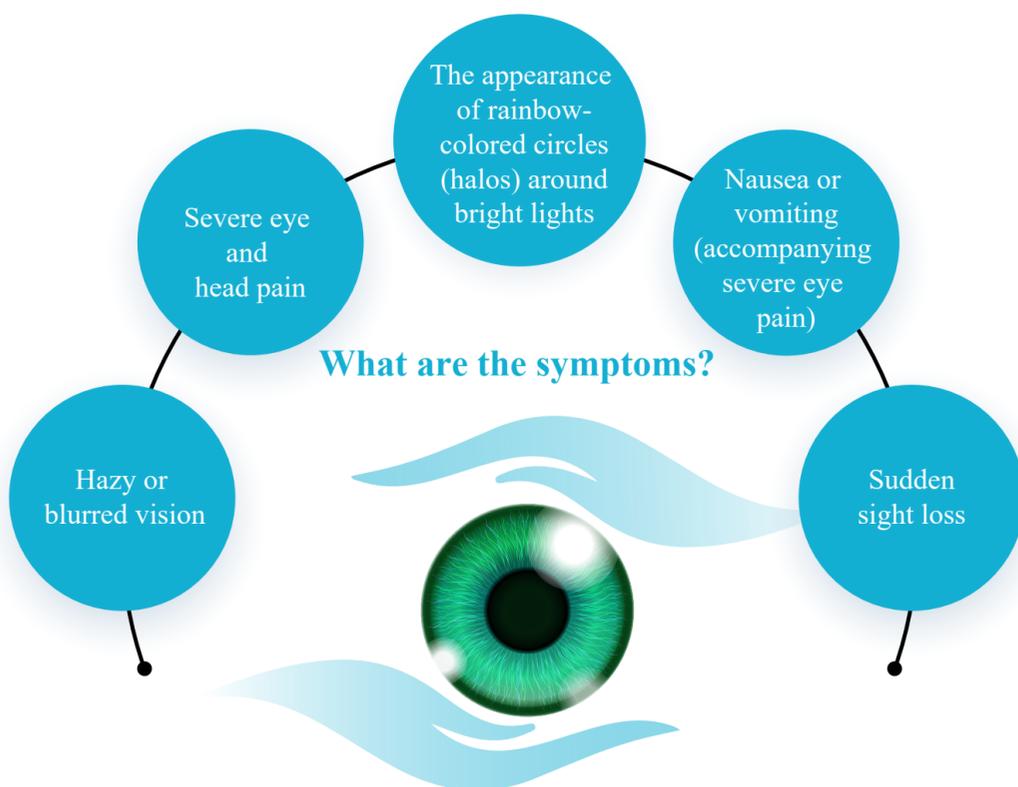
- Take the HPV vaccine after age 9.
- Avoid smoking.
- Pap test every 3 years after age 21.
- Adapt healthy lifestyle.
- Pap and HPV test every 5 years after age 30.
- Maintain weight in healthy range.
- Use of condoms during intercourse.

NATIONAL GLAUCOMA AWARENESS MONTH

All about Glaucoma

What is Glaucoma?

Glaucoma is a group of diseases characterised by cupping of the optic nerve head and visual-field damage. It is the most common cause of irreversible blindness worldwide.



How to take care of your eyes in Glaucoma?

- Protect your eyes:** While playing some sport or outdoors with a lot of dust and pollutants, always wear protective eyewear.
- Sleeping in the right position:** Try avoiding sleeping with eyes on pillows or arms.
- Avoid head down positions for a longer period.
- Keep visiting your ophthalmologist for regular check ups and keep them informed of all the other medications.
- Protect your eyes from harsh sunlight:** Always wear UV protective goggles while in sunlight.
- Keep your eyes clean using only moist cloth and not rubbing too hard.

CHILL PILL CORNER

Q: Does an apple a day keep the doctor away?

A: Only if you aim it well enough.

