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ਜਮੀਰੀ ਜਲਿਯਤ

Your Health

How To Stay Covid Safe



As we can see Covid has very much become a part of our lives, so we now must learn to live with it. Just because we have gotten used to it does not mean we should be any less careful.

As we get older our risk of getting very sick from the virus increases especially after the age of 50. People above the age of 50 and those with existing medical conditions are at a higher risk of hospitalisation, needing intensive care or even death. Also, being from the Asian community we are at greater risk of more severe complications from the virus and so need to take greater care.

What we can do to be safe and prevent getting COVID-19:

1. Get fully vaccinated as soon as possible (including boosters). People who are unvaccinated are 8 times more likely to get hospitalised from covid than those who are fully vaccinated (both doses plus booster).
2. Wear a mask in public indoor places or crowded outdoor settings.
3. Limit your in-person contact. If you must meet – keep 2 metres apart.
4. Keep a small bottle of hand sanitizer with you when leaving the house.
5. Spray parcels and letters when they are delivered.
6. Runny nose and sneezing are now symptoms of the new Omicron variant – so test yourself if you have any of these.
7. Maintain a healthy diet to maintain a strong immune system.

We hope this has helped!
Tame 100 varus na sukhi thav - May you live
happily to 100 years!
Jai Shri Krishna

तमारी तबियत
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