

Edition: April 2020

HEALTHLINE

Paramount's Monthly Magazine

*Hope
is the thing with
feathers
That perches in
the soul
And sings the tune
without the words
And never stops at
all.
- Emily Dickinson*



Reminder
From
Healthcare
Practitioners

COVID-19
Myth
Busters

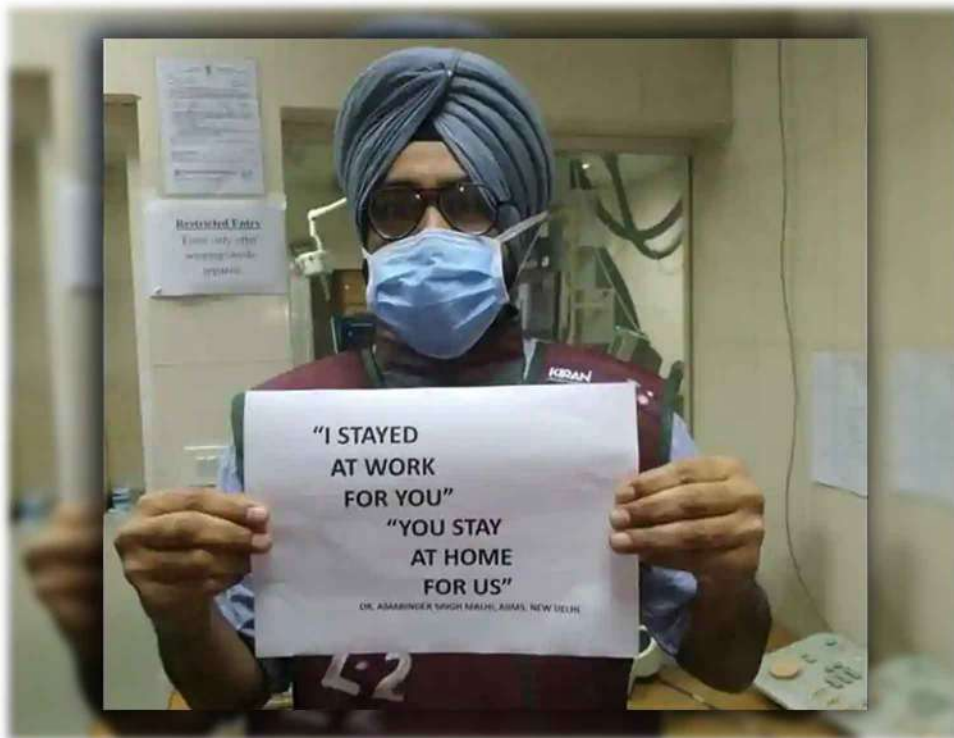
Quarantine
101
For Parents

Dealing
With
Isolation

COVID - 19

CORONAVIRUS

Does it seem like 2020 started on a bad note? Yes, we think so too! We wouldn't be exaggerating when we say this year has been a stressful one for the world. As the global pandemic affects our daily lives, we come to you with a survival guide to COVID-19 lockdown!



However, before we explore the survival guide, we want to make sure that all of us are practicing mindful social distancing and isolation. It is extremely vital in these times that we prevent any further spread of this disease.

Also, ensure that you get your information about COVID-19 updates from a legitimate source. We request you to check your information before forwarding it to any groups or individuals as it may create a sense of panic amongst the people.

The COVID-19 outbreak has forced rapid change in our everyday lives-professional and personal, coupled with a deluge of information and uncertainty. It is not unusual to experience anxiety, stress and/or low mood at a time like this.

Paramount has partnered with the emotional wellness platform, InnerHour to provide you easy access to highly qualified therapists who can help you navigate this difficult time. To book an appointment with an InnerHour Therapist you can:

Option 1 : Call 098202 30563

Option 2 : Visit <https://www.theinnerhour.com/therapists>

Option 3 : Sign up on the InnerHour app (bit.ly/ih-app) and click on the Therapists button at the bottom

Myth buster : Coronavirus

As the virus becomes a threat to global healthcare, the rumours around it are also just as harmful! We're stepping in to give you the right answers and help you stay aware!



Myth

Do not receive any package coming from China.

Truth:

It is safe to receive any package coming from China. People are not at risk of contracting the virus as the virus does not survive long on objects.

Myth

Pets at home spread the new virus.



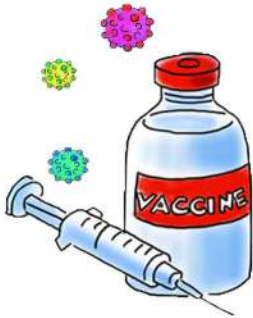
Truth:

There is no evidence to support this myth. No report suggests that your pets - dogs and cats - can be infected with the new coronavirus.

However, it is always advised to wash your hands after you come in contact with your pet as they carry common bacteria like E. Coli and Salmonella which can be transferred between pets and humans.

Myth

Vaccines against pneumonia will protect you against the virus.



Truth:

This strain of coronavirus is so new that there is no vaccine for it yet. Although, it is advised that you take vaccinations against respiratory illnesses to ensure steady health.

Myth

Sesame oil blocks the virus from entering the body.



Truth:

There is no evidence to support this claim. There are only certain chemical disinfectants that can kill the virus on surfaces and these include:

- bleach/chlorine based disinfectants
- ether solvents
- 75% ethanol
- peracetic acid
- chloroform

Follow the necessary precautions and stay updated with the right information to prevent yourself from this illness.

Tip 1

Daily positive affirmations for kids

Use a positive affirmation to keep the environment positive and healthy.

For example:

- I am happy to create new memories with my family at home
- I cherish our extra time together as a family



Tip 2

Listen to your kids!

With everything going around, your kids will probably have several questions...naturally. Lend them a listening ear. Make them feel heard. This will require patience, as we know how persistent our kids can get, but this is essential in times like these.

Tip 3

Diet and nutrition

This is a good time to initiate some good habits in yourself as well as your kids. With everything slowed down around us, you can find the time to give your body the love and care it deserves and needs. Educate your children about the same. Make it fun!



Tip 4

Do not try to homeschool your kid

Most parents will make this mistake. Predictably so. It is important to understand that home is a safe, relaxed environment for kids. Turning it into a place of rigid time-table and schedule might stress them out. Take it slow. Initiate fun learning experiences in times like these. Spend more quality time with them instead.

Tip 5

Self-care for parents

Having kids home is great but managing their energy and queries all day long can be exhausting. Make sure you and partner understand each other's needs and provide support. Take ample breaks, if needed. Shift responsibilities, so it doesn't become too overwhelming. Take care of each other.





It is no wonder that a global pandemic like COVID-19 could possibly be a trigger for several people who deal with stress and anxiety. Not just that, but the changing lifestyle is also a stressor. As we all cope with overwhelming information and isolation, here are some self-care tips that can be helpful.

1 Minimize watching or reading news that will elevate your anxiety or stress. If you want to stay updated, go to only one source of information that you trust and get your updates at specific times of the day so as to avoid any panic.

2 Look for positive stories amidst this chaos. People who are helping a loved one, those who are recovering from this disease, the frontline workers who are treating thousands of patients. Finding hopeful stories like these will be helpful.

3 If you are a team leader in your official capacity, ensure good quality communication to all your workers/employees. If anyone needs extra help, provide them a safe space to communicate that to you. Be mindful of these difficult times and be patient with everyone's needs.

4 If you are a healthcare worker, know that feeling under pressure is completely normal. This in no way means that you lack the skills to do your job. You are doing great and the whole world thanks you for your service.

5 If you are a senior citizen, make sure you are well prepared to know in advance of how to get help if needed. Ensure that you know basics like calling a loved one, calling a taxi, being aware of emergency numbers, getting groceries delivered, and requesting medical assistance.

Staying in isolation can be tough, so make sure you are connected to your loved through calls and messages. If you are unable to manage mental stress, do not hesitate to reach out to a mental health professional.


If you need a story of hope, know that China is already on a road to recovery. Things will get better with time.

Stay safe and take care of each other!

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