

Precautions against the imminent 3rd wave

The vaccination drive initiated by the Indian government is a humungous exercise with the hope of a positive outcome. The year-long struggle with the COVID-19 pandemic has led experts to believe that precaution is the best cure. In the wake of the probable 3rd wave, experts recommend some critical precautionary measures. Children are expected to be the most vulnerable during 3rd wave, expected to strike the country in the next 6 to 8 weeks. However, the preventive measures listed below will help us to tackle the threat of 3rd wave.

Why are children vulnerable and must be vaccinated?

India has already started the vaccination drive for the elderly, i.e., 60+ and above 18+; The age group vulnerable to COVID now is below 18 years. So, it is evident that the virus will attack those who are not immune. It is prudent one can get immunity through vaccination.

Vaccination among Children

Most of us are coming across the messages about Influenza vaccination among children as an alternative to Covid Vaccination.

Listed below are few important points to consider before making a decision. -

- ❖ Influenza vaccine is not an alternative for the COVID-19 Vaccine.
- ❖ However, as suggested by few experts, Influenza vaccination may train the immunity cells to fight against COVID-19.
- ❖ Track your child's Immunization card and get the pending vaccination completed.
- ❖ Experts say that Measles, Mumps, and Rubella (MMR) vaccination may help protect against COVID-19 because the Coronavirus acts similarly to viruses that cause Measles and Mumps (As per COVID Task Force opinion).
- ❖ In India, the MMR vaccine is generally given in two doses: one at nine months and another at 15 months.
- ❖ Moreover, the Ministry of Health and Family Welfare of India has successfully completed Measles and Rubella (MR) Vaccination campaign throughout India in 2017 and 2018.

Health Tips for Children between 0-18 yrs.

1. It is advisable for children to stay at home.
2. Avoid visiting relatives, friends and attending social gatherings.
3. Bathe twice a day.
4. Sanitize your cell phones, car keys regularly and make a separate place for them in the house.
5. Keep toilets clean and disinfect them regularly.
6. Pillows and Pillow covers should be cleaned regularly.
7. Follow SMS: - Social distancing, Mask, and Sanitization.
8. Use a surgical mask and double it with cotton three-ply masks on top of it.
9. Help your child stay active by leading an active lifestyle yourself and making physical activity a part of your family's daily routine.
10. Provide home-cooked food to maintain proper nutrition.