

COVID-19 (coronavirus)

Coronavirus disease (COVID-19) is an communicable disease caused by a newly discovered coronavirus.

Most people who fall sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment.

How it spread:

The virus that causes COVID-19 is especially transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hold within the air, and quickly fall on floors or surfaces.

You can be infected by inhaling the virus if you're within close proximity of somebody who has COVID-19, or by touching a contaminated surface then your eyes, nose or mouth.

COVID-19 affects different people in several ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

fever

dry cough

tiredness

Less common symptoms:

aches and pains

sore throat

diarrhea

conjunctivitis

headache

loss of taste or smell

a rash on skin, or discoloration of fingers or toes

Coronavirus disease (COVID-19) is an communicable disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory disease and recover without requiring special treatment. Older people, and people with underlying medical problems like disorder , diabetes, chronic respiratory illness , and cancer are more likely to develop serious illness.

The best thanks to prevent and hamper transmission is to be informed about the COVID-19 virus, the disease it causes and the way it spreads. Protect yourself et al. from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you simply also practice respiratory etiquette (for example, by coughing into a flexed elbow).

Stay informed:

Protect yourself: advice for the general public

Myth busters

Questions and answers

Situation reports

All information on the COVID-19 outbreak

To prevent infection and to slow transmission of COVID-19, do the following:

Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.

Maintain a minimum of 1 meter distance between you and other people coughing or sneezing.

Avoid touching your face.

Cover your mouth and nose when coughing or sneezing.

Stay home if you are feeling unwell.

Refrain from smoking and other activities that weaken the lungs.

Practice physical distancing by avoiding unnecessary travel and staying faraway from large groups of individuals.

Protect from COVID-19

If COVID-19 is spreading in your community, stay safe by taking some simple precautions, like physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue. Check local advice where you reside and work. roll in the hay all!

What to do to keep yourself and others safe from COVID-19

Maintain a minimum of a 1-metre distance between yourself et al. to scale back your risk of infection once they cough, sneeze or speak. Maintain a good greater distance between yourself et al. when indoors. The further away, the higher .

Make wearing a mask a traditional a part of being around people . the acceptable use, storage and cleaning or disposal are essential to form masks as effective as possible.

Here are the fundamentals of the way to wear a mask:

Clean your hands before you set your mask on, also as before and after you're taking it off, and after you touch it at any time.

confirm it covers both your nose, mouth and chin.

once you begin a mask, store it during a clean bag , and each day either wash it if it's a cloth mask, or eliminate a medical mask during a ashcan .

Don't use masks with valves

For specifics on what sort of mask to wear and when, read our Q&A and watch our videos. there's also a Q&A focused on masks and youngsters .

determine more about the science of how COVID-19 infects people and our bodies react by watching or reading this interview.

For specific advice for decision makers, see WHO's technical guidance

Pregnancy Care

Early Pregnancy Symptoms

While pregnancy tests and ultrasounds are the sole ways to work out if you're pregnant, there are other signs and symptoms you'll look out for. The earliest signs of pregnancy are quite a missed period. they'll also include nausea , smell sensitivity, and fatigue.

Though it's going to sound odd, your first week of pregnancy is predicated on the date of your last menstrual period. Your last menstrual period is taken into account week 1 of pregnancy, albeit you weren't actually pregnant yet.

The expected delivery date is calculated using the primary day of your last period. For that reason, the primary few weeks where you'll not have symptoms also count toward your 40-week pregnancy.

What Bodily Changes Can You Expect During Pregnancy?

Pregnancy brings a spread of changes to the body. they will range from common and expected changes, like swelling and fluid retention, to less familiar ones like vision changes. Read on to find out more about them.

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Most women experience changes in their sense of taste during pregnancy. They typically prefer saltier foods and sweeter foods than non-pregnant women. They even have a better threshold for strong sour, salty, and sweet tastes. Dysgeusia, a decrease within the ability to taste, is most ordinarily experienced during the primary trimester of pregnancy.

Certain taste preferences may vary by trimester. Although many ladies experience a dulled sense of taste for a brief period of your time postpartum, they typically regain full taste capability after pregnancy. Some women also experience a metallic taste within the mouth during pregnancy. this will aggravate nausea and should indicate a nutrient imbalance. Learn more about impaired taste.

7 Foods to Help Your Acid Reflux

Diet and nutrition for GERD

Acid reflux occurs when there's acid backflow from the stomach into the esophagus. This happens commonly but can cause complications or troublesome symptoms, like heartburn.

One reason this happens is that the lower esophageal sphincter (LES) is weakened or damaged. Normally the LES closes to stop food within the stomach from moving up into the esophagus.

The foods you eat affect the quantity of acid your stomach produces. Eating the proper sorts of food is vital to controlling acid reflux or esophageal reflux disease (GERD), a severe, chronic sort of acid reflux.

None of those foods will cure your condition, and your decision to use these specific foods to appease your symptoms should be supported by your own experiences with them.

Vegetables, Ginger, Oatmeal, Noncitric fruits, Lean meats and seafood, Egg whites, Healthy fats

High-fat foods

Fried and fatty foods can cause the LES to relax, allowing more stomach acid to copy into the esophagus. These foods also delay stomach emptying.

Eating high-fat foods puts you at greater risk for reflux symptoms, so reducing your total daily fat intake can help.

The following foods have a high-fat content. Avoid these or eat them sparingly:

french fries and onion rings

full-fat dairy products, like butter, milk, regular cheese, and soured cream

fatty or fried cuts of beef, pork, or lamb

bacon fat, ham fat, and lard

desserts or snacks, like frozen dessert and potato chips

cream sauces, gravies, and creamy salad dressings

oily and greasy foods

Supplements During Pregnancy: What's Safe and What's Not

If you're pregnant, you'll think that feeling overwhelmed and confused comes with the territory. But it doesn't need to be so confusing when it involves vitamins and supplements.

If you probably did your extra credit work, we bet you already know that prime mercury seafood, alcohol, and cigarettes are off-limits during pregnancy. What may surprise you is that some vitamins, minerals, and herbal supplements should be avoided also .

Pregnancy increases the necessity for nutrients

During pregnancy, macronutrient intake needs grow significantly. Macronutrients include carbohydrates, proteins, and fats.

For example, protein intake must increase from the recommended 0.36 grams per pound (0.8 grams per kg) of weight for non-pregnant women to 0.5 grams per pound (1.1 grams per kg) of weight for pregnant women.

You'll want to be including protein in every meal and snack to satisfy your needs.

The requirement for micronutrients, which include vitamins, minerals, and trace elements, increases even more Trusted Source than the necessity for macronutrients.

While some people are ready to meet this growing demand through a well-planned, nutrient-dense eating plan, it are often a challenge for others.

You may have to take vitamin and mineral supplements for various reasons, including:

Nutrient deficiencies: Some people may have a supplement after a biopsy reveals a deficiency during a vitamin or mineral. Correcting deficiencies is critical, as a shortage of nutrients like folate has been linked to birth defects.

Hyperemesis gravidarum: This pregnancy complication is characterized by severe nausea and vomiting. It can cause weight loss and nutrient deficiencies.

Dietary restrictions: Women who follow specific diets, including vegans and people with food intolerances and allergies, may have to supplement with vitamins and minerals to stop micronutrient deficiencies.

Smoking: Although it's critical for mothers to avoid cigarettes during pregnancy, those that still smoke have an increased need for specific nutrients like vitamin C and folate.

Multiple pregnancies: Women carrying more than one baby have higher micronutrient needs than women carrying one baby. Supplementing is usually necessary to make sure optimal nutrition for both the mother and her babies.

Genetic mutations like MTHFR: Methylene tetrahydrofolate reductase (MTHFR) may be a gene that converts folate into a form that the body can use. Pregnant women with this point mutation may have to supplement with a selected sort of folate to avoid complications.

Poor nutrition: Women who under eat or choose foods that are low in nutrients may have to supplement with vitamins and minerals to avoid deficiencies.

In addition, experts like those at the American College of Obstetricians and Gynecologists (ACOG) recommend that each pregnant person take a prenatal vitamin and vitamin B₁₂ supplement. This is often advised to fill nutritional gaps and stop developmental abnormalities at birth like spina bifida.

Depending on your personal circumstances, be prepared to require on the task of adding supplements to your daily routine if directed by your healthcare provider.

13 Foods to Eat When You're Pregnant

Pregnant? Hangry? trying to find a snack which will make your tummy and your baby happy? You're probably hearing it a lot: Eating nutritious foods while pregnant is important.

We're here to form your pantry into a one-stop shop of healthy and delicious foods which will give your baby the simplest start to life.

When building your healthy eating plan, you'll want to specialize in whole foods that offer you higher amounts of the great stuff you'd need when not pregnant such as:

protein

vitamins and minerals

healthy sorts of fat

complex carbohydrates

fiber and fluids

Here are 13 super nutritious foods to eat when you're pregnant to assist confirm you're hitting those nutrient goals.

Dairy products, Legumes, Sweet potatoes, Salmon, Eggs, Broccoli and dark, leafy greens, Lean meat and proteins, Berries, Whole grains, Avocados, edible fruit, Fish liver oil, Water.

6 Ways to Stay Fit During Your Pregnancy — Plus 5 Myths Debunked

Staying active and eating healthy during pregnancy isn't always a smooth journey. trimester fatigue and nausea, alongside lovely ailments that come later — like back pain — make it difficult to figure out and choose healthy choices.

Yet it's known that maintaining healthy pregnancy habits has many benefits. It can help bring a neater labor, assist you lose postpartum weight faster, and provides you more energy throughout your pregnancy.

Wholesome meals and exercising also are good for your baby. a replacement study even finds that weight gained during a pregnancy can impact a child's cardio metabolic health later in life.

But knowing these facts doesn't make staying healthy easier. If you're like me, you'll crave frozen dessert and french-fried potatoes — not salad. And it's likely you'll be feeling too queasy to hit the gym.

Without a doubt, staying healthy during pregnancy requires extra discipline. But there are tactics I found helpful for motivating me to eat well and exercise throughout the long months.

Here are six ways I kept myself energized and active. (Plus, common pregnancy health myths debunked!)

1. Examine your diet to know your cravings
2. Ease your mind for better sleep
3. Make yourself move a day
4. Limit your sugar

5. Find a bottle you're keen on
6. Take an opportunity

Children care

Tips for How Parents Can Help with Their Child's Separation Anxiety

If your child is starting at a replacement daycare or moving to a replacement classroom, parents may notice that dropping their children off has become harder than usual. Although not all children experience separation anxiety, it's quite common for youngsters to become upset when saying goodbye to their families. Though it is often very unsettling for a parent, families should remember that browsing separation anxiety is typical in development. So as to assist your child through this developmental stage, families got to understand what drives separation anxiety and the way to spot coping tools that employment best for his or her family.

What is Separation anxiety?

Children's separation anxiety are often triggered by many various factors, but at the top of the day, children experience separation anxiety once they are being separated by their primary caregivers, who they trust and feel most comfortable with. Families might experience this once they leave for work, drop off at daycare, or sometimes even just leave the space. Once you attempt to leave, your child may become clingy, begin to cry, or throw a tantrum.

Separation anxiety can begin as early as infancy and last through preschool years, while some children may never experience it in the least. Children also will experience various degrees of separation anxiety. For instance, some children may experience it when their parents leave them, albeit it's just to travel to a

different room within the house, whereas other children may only experience it when big changes happen within the lives, like starting at a replacement school.

How to Battle Separation Anxiety

Watching your child get upset once you leave are often very unsettling for folks , but there are a couple of ways to assist ease your child's separation anxiety.

If you recognize that an enormous change that would trigger separation anxiety in your child is approaching, like starting at a replacement childcare center, prepare them for it beforehand . At Educational Playcare, we encourage families to schedule visits before their first day, in order that their children can become conversant in the environment and their teachers before they begin full-time. This helps your child desire they're a part of a trusting community, which is one among our Core Values.

Create quick goodbye routines. this might be something as simple as a cute goodbye phrase, setting your child up with a book and a blanket, or creating a special handshake once you leave. Whatever you opt , attempt to make your goodbye short and sweet. The longer you stay, the more upset your child will likely become when it's time to go away .

Be consistent. Once you determine a drop-off routine, do your best to remain on target every day . At first, this might be hard to try to to , but eventually your child will come to expect it during this point and therefore the consistency will help diminish your child's anxiety.

Keep your promises. Some families wish to help ease their child's anxiety by telling them once they will return. If you do, make certain to stay your promises to them, as this may help build your child's trust and confidence once you are apart.

Family Friendly St. Patrick's Day Activities

It is important for families to spend quality time together. Not only will your children like to do activities with you and therefore the remainder of the family, but there are many benefits to family time. Spending time together as a family helps form bonds and connections which will be together with your children throughout life.

At Educational Playcare, fun is so important to us that it's one among our Core Values. Here are some fun St. Patrick's Day themed activities that the entire family can enjoy together:

Sensory Play: Children love sensory play because it stimulates their senses and facilitates exploration. Families can make St. Patrick's Day themed slime or fill a sensory bin with dyed rice, spaghetti, or maybe rainbow gelatin. If your family has sensory bottles reception, change the theme to match the holiday!

Virtually Explore Your Community: Your town or surrounding towns may host virtual St. Patrick's Day celebrations leading up to and on the day of the vacation. Find a virtual celebration your family would celebrate participating in and join the community fun!

Art Projects: Creating masterpieces as a family may be a good way to spend time together. At Educational Playcare, we enjoy process-focused art projects because they permit children to practice their fine motor skills while encouraging them to make a decision how and what they doing. Fun St. Patrick's Day themed process art projects families can do reception include painting employing a toothbrush or color-dyed ice cubes rather than a daily paintbrush, decorating hats using gold and green dotters, or gluing different reminder report onto shamrock-shaped paper.

Baking and Cooking: Families can celebrate St. Patrick's Day by cooking traditional Irish foods like soda bread, meat stews, or potato dishes. While preparing your meal, give your children age-appropriate tasks in order that they can contribute to the celebration. Families can put a St. Patrick's Day twist to everyday foods by

using green coloring within the ingredients. Try employing a couple drops of it in your child's milk for breakfast or dye your spaghetti rainbow colors!

Expanding Your Family: How to Help Your Child Prepare for a New Sibling

For those that are brooding about expanding or are close to , you'll be wondering how this alteration could affect your firstborn. It's important to understand that every family dynamic is different, which every child will react different to the news and therefore the arrival of a replacement sibling. We've all see the heartwarming videos of older siblings crying once they met their brother or sister for the primary time and therefore the videos of a toddler crying once they acknowledged their sibling isn't a boy or a woman as they hoped. So how do families best explain and prepare their firstborns for the new addition to the family?

Depending on the child's age, there are many various ways you'll help prepare your family for a replacement baby. regardless of what, it's best to elucidate what's happening in terms which will add up to your child and make them feel included within the process. More ideas include:

Reading books about new babies or siblings

Having your child help detect colors or decorations for the baby's room

Looking at baby pictures of your child and relations

Spending time with a loved one or friend who features a baby

Giving your child a doll in order that they will practice holding and taking care of their future baby brother or sister

Having them draw pictures to offer to the baby once they are born

Preparing them for once you enter labor and can be within the hospital