



LS PICK

The weekend eve vibes

The weekend has always been a modern day “Sabbath” for many of us. It is certainly a time of rest, of contemplation, and above all, a time of random spontaneity when it comes to course of action. Nothing seems to be more exciting than the day before the weekend or ‘weekend eve’ as it is called.

Thursday nights are usually a window to some calmness. A break from the strains of work and professional life. A portal to get more in touch with our personal selves. It is when fatigue and stress are subdued for more intricate and intimate times.

Just like Chand Raat or Christmas Eve, weekend eve has a ritualistic essence to

it. Usually, the day before Eid or any other major holiday festival, households buzz with preparations ranging from putting the darkest colour henna on the hands and arms of girls to spicing up a gigantic, wholesome meal for the family, to making last moment calls to pick the slots for casual meet ups. In the middle of all these, we try to keep everything untoward at bay to enjoy holidays to the fullest.

Given it is the end of a week of workdays itself, it is when all pending work is tidied up neatly, important work calls are made and office work is done and dusted to leave the entire weekend to oneself. Some

might use Thursday nights for partying, meeting people, or use the long night until Saturday to finish up on their own personal inclinations like watching a particular movie, or finishing a book at hand.

After tending to the economy of the country, some would like to bring some balance to the economy of the body and mind gearing them up in unison for the weeks of work ahead.

Jessica Shirly Alam, a recent graduate and current employee at Bkash, says that Thursday nights are perhaps the best time of the week for her.

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FYI

Keeping your family safe from illness

It has not been a pretty picture as the world steps into the second month of 2020 with a worldwide scare of the Coronavirus. There is still too much to learn about this new virus — about how it spreads, how serious it actually is, or even how to treat it correctly. The fact that so much is unknown is a big part of what makes it frightening.

The case as being such, it is necessary to stay informed and listen to the advice and announcements of public health officials. In the meantime, taking some precautions, and being careful is the way to go. Do remember that there’s a lot of misinformation floating around. Check reliable sources, and call your

doctor if you have any questions.

Start with the basics of cleanliness. Make sure everyone washes their hands. Using soap and water and washing for 20 seconds does the trick. Hand sanitisers are a great waterless option, just make sure you spread it well, getting it all over the hands including between the fingers. Wash before meals and snacks, after being in public places, and after being around anyone who is or might be sick.

Encourage healthy habits like eating a healthy diet, exercising, and getting enough sleep. This helps keep the immune system strong.

Teach children not to touch their mouths,

eyes, or noses with their hands unless they have just washed them. Carry tissues for wiping mouths and noses, and throw out used tissues promptly.

Ultimately, it’s impossible to stay away from anyone who has any germs that might be spread; as is true of many viruses, it may be that people with coronavirus are contagious before they realise that they are sick. Just be aware of symptoms of people around you, such as coughing or sneezing. If you are hosting people at your house, you have the right to ask people not to come if they are feeling ill.

If anyone in your family gets a fever and

cough, they should stay home. Chances are it’s not coronavirus, but whatever it is, it’s likely contagious.

Note that we are assuming that you and your family have not recently travelled to an area where there are known cases of coronavirus, or had some other possible exposure. If that is the case, you should call your doctor immediately for advice.

— **LS Desk**

This set of tips has been adapted from <https://www.health.harvard.edu/blog/coronavirus-what-parents-should-know-and-do-2020020518846>



করোনাভাইরাস থেকে বাঁচতে বেসিন নিয়ে ঘোরা সম্ভব না

তাই নিন সেপনিল হ্যান্ড স্যানিটাইজার

কোন পানির দরকার নেই, সাবানের দরকার নেই। সবসময় থাকুন সক্রিয় করোনাভাইরাস থেকে মুক্ত।





করোনাভাইরাস সহ অন্যান্য ভাইরাস থেকে সতর্কতা:

<p>পরীক্ষার তাপমাত্রা সক্রিয়কৃত পিন্ডা সেন্সিট স্ক্রিনিং</p> 	<p>প্রতি কদিন বেশিদিন হালকা অসুস্থতার পরামর্শ নিন</p> 	<p>সবসময় মাস্ক ব্যবহার করুন</p> 	<p>মানুষ থেকে মনুষ্যে এই ভাইরাস ছড়ায় বসে সবসময় পরিষ্কার থাকুন</p> 	<p>হাত পরিষ্কার বাথতে সেপনিল হ্যান্ড স্যানিটাইজার ব্যবহার করুন</p> 
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