

# GET RID OF THAT PINK EYE!

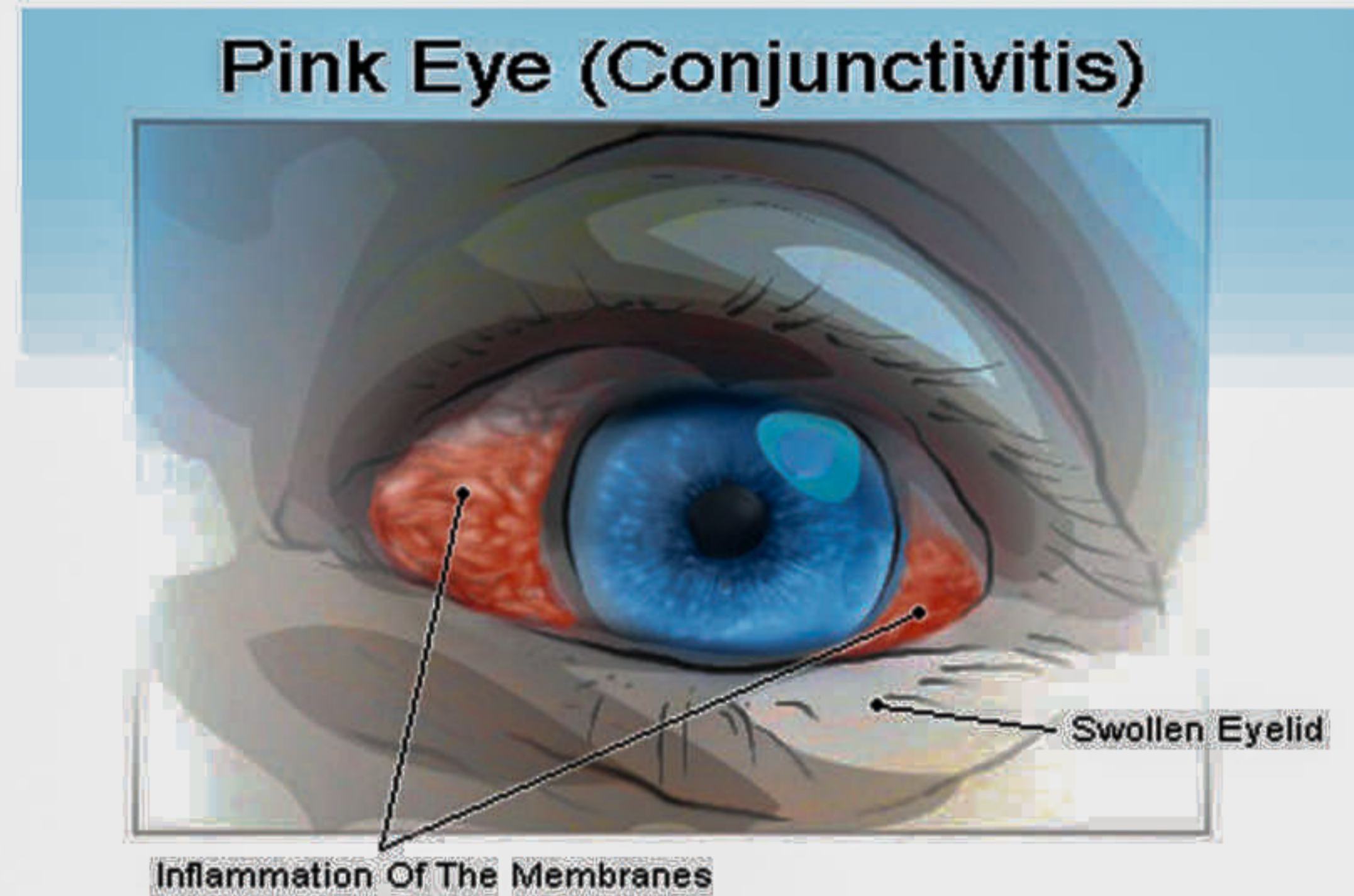
NAZIBA BASHER

It is mid-May and summer has already hit the city with full blow. It's now time to gear-up and stay safe from all the summer-time health risks. One of the most common infections to spread in this dreaded weather is conjunctivitis.

Pink-eye (conjunctivitis) is a swelling or infection of the membrane that lines your eyelid and covers the white part of your eyeball (conjunctiva). When small blood vessels in the conjunctiva become inflamed, they're more visible. This is what causes the whites of your eyes to appear reddish or pink. Pink eye is commonly caused by a bacterial or viral infection, an

conjunctivitis on your own. First thing to remember for contact lens users is to not wear them until your conjunctivitis has completely cleared up. It's also important to refrain from rubbing your eyes and to make sure you regularly wash your hands. Don't share pillow cases, towels or go swimming until your conjunctivitis has completely cleared up. Don't share your eye cosmetics and regularly replace products you use on your eyes.

If you have allergic conjunctivitis, try to steer clear of whatever is causing your allergic reaction. For example wearing



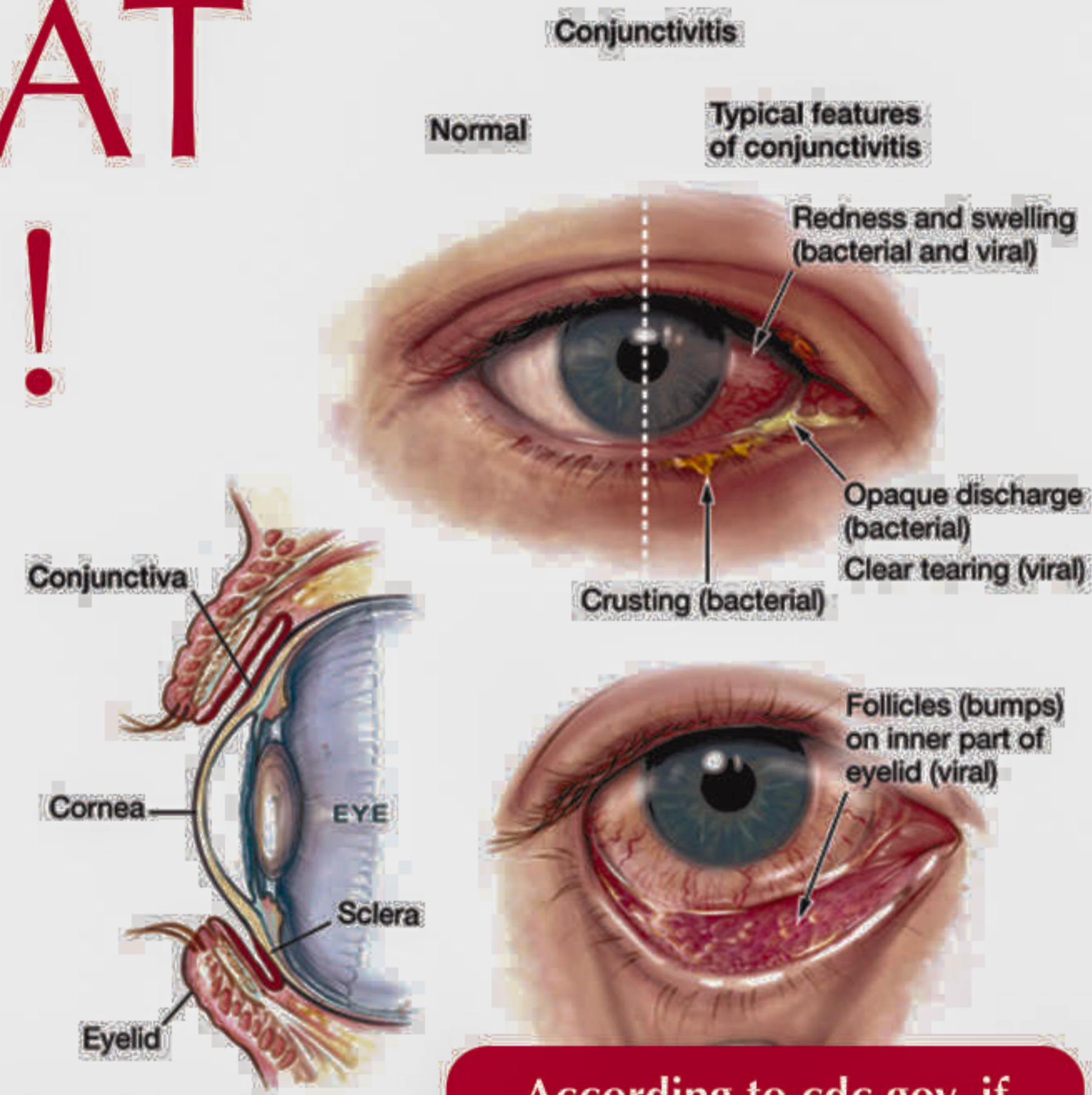
allergic reaction, or — in babies — an incompletely opened tear duct. Though pink eye can be frustrating, it rarely affects your eye sight. Treatments can help ease the discomfort of pink eye. Because pink eye can be contagious, early diagnosis and treatment can help limit its spread.

There are many ways you can treat

sun-glasses can reduce exposure to pollen or dust. A cool compress, such as a facecloth soaked in cold water, may help to soothe your eyes.

Infective conjunctivitis usually settles without any treatment within about two weeks. You may find it helps to wipe away any discharge from your eyelids and

## AN APPLE A DAY!



**SYMPTOMS OF CONJUNCTIVITIS**

- Redness in one or both eyes
- Itchiness in one or both eyes
- A gritty feeling in one or both eyes
- A discharge in one or both eyes that forms a crust during the night that may prevent your eye or eyes from opening in the morning
- Tearing

**According to cdc.gov, if you are around someone with infectious (viral or bacterial) conjunctivitis, you can reduce your risk of infection by following these steps:**

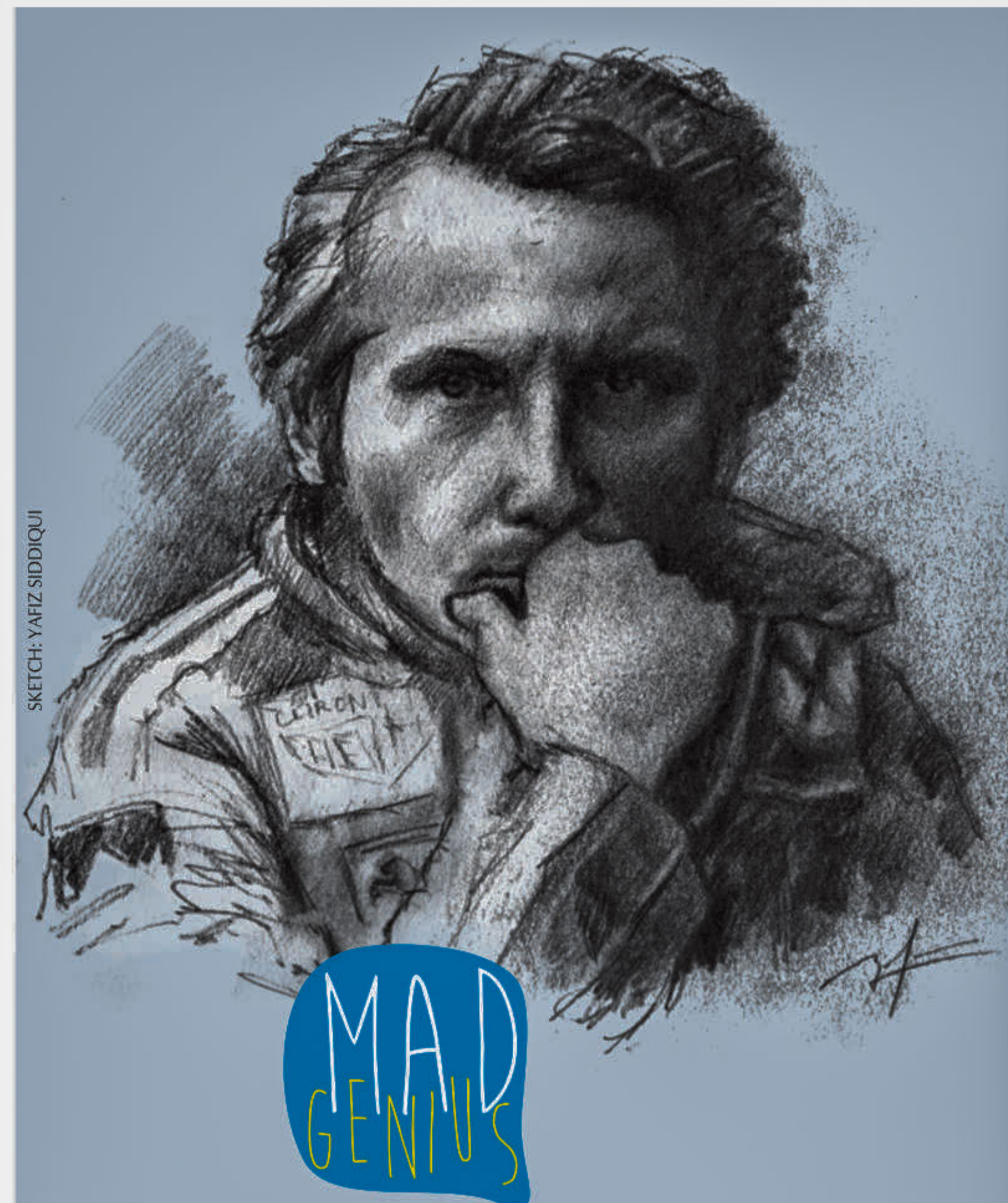
- Wash your hands often with soap and warm water. If soap and warm water are not available, use an alcohol-based hand rub.
- Wash your hands after contact with an infected person or items he or she uses; for example, wash your hands after applying eye drops or ointment to an infected person's eye(s) or after putting their bed linens in the washing machine.
- Avoid touching or rubbing your eyes.
- Do not share items used by an infected person; for example, do not share pillows, washcloths, towels, eye drops, eye or face makeup, and eyeglasses.
- Clean, store, and replace your contact lenses as instructed by your eye doctor.

lashes with cotton wool soaked in cooled boiled water or saline. To help ease the discomfort of infective conjunctivitis, you may find a warm compress, such as a facecloth soaked in warm water, soothing on your closed eyes.

If your treatment at home proves to be ineffective, it means that the infection now needs medical help and it's best to see an ophthalmologist.

With such measures, there will be fewer possibilities of getting this horrid infection, or at least it will be easier to get rid of it. With conjunctivitis put aside, you can now make sure to have a wonderful summer!

Sources: www.mayo clinic.com www.bupa.co.uk



**NIKI LAUDA**  
22 February 1949

Celebrated former Formula One driver Andreas Nikolaus "Niki" Lauda is an Austrian who won three times F1 World Champion between 1975 and 1984. He is currently the only driver to have been champion for both Ferrari and McLaren, the sport's two most successful constructors. He is currently working as a pundit for German TV during Grand Prix weekends and acts as non-executive chairman of the Mercedes AMG Petronas F1 Team.

“RUNNING AN AIRLINE IS A NORMAL JOB.”

GIVING UP IS SOMETHING A LAUDA DOESN'T DO.

I ALWAYS GO EXTREME WAYS.

VIENNA IS THE GATE TO EASTERN EUROPE.”

Lauda was seriously injured in a crash at the 1976 German Grand Prix at the Nürburgring, during which his Ferrari burst into flames and he came close to death after inhaling hot toxic fumes and suffering severe burns. However he recovered and returned to race again just six weeks later at the Italian Grand Prix. Scars from the injuries he suffered have left him permanently disfigured.

## STARDIARY

### FAULTY TEACHING

Recently my friend told me a story that not only shocked me but also made me quite disappointed in what our teachers are teaching the children of our country. Last week, while the students were rehearsing for a show, they were listening to a Michael Jackson song that they were going to work with. Suddenly, an earthquake hit and while all the students and teachers were scrambling around, terrified, the Islamic teacher of the school made it a point to go the children and tell them that it was their fault the earthquake occurred. According to him, the Michael Jackson music they were listening to was the trigger, and God had gotten angry with them and punished them with an earthquake. Instead of calming them down like a proper guardian, he scared them and made them believe that this natural disaster was their fault! If respected teachers of a school are teaching the students these things, then we are not far from watching our country crumble into nothingness because of the lack of proper literacy.

Nazneen Hasan  
Dhaka



### RACIST EXPECTATIONS

My friend recently got her son admitted to a very reputed English Medium school here in Dhaka. My friend is from abroad but since she married her Bangladeshi husband, she has been living and raising her three children here. She made sure her children were more fluent in Bangla than English. When her eldest child attended his first class, the school authorities rang her up and blasted her about why her son cannot speak fluent English. She replied saying that he just got into school and knows his basics like every other student. But the authorities replied saying, “but he's foreign! You are foreign. He should know fluent English. We expected at least this much from him!” When she told me this I was so shocked at the racism she had to face. I suppose the authorities don't even know they were being racist. But in this day and age, at least school authorities should know better than to make such assumptions and resort to stereotyping their students.

Samara Hashib  
Dhaka, Bangladesh

HONESTY OF PURPOSE / GOOD GOVERNANCE ARE THE KEYS TO THE "SUCCESS"

MICRO CREDIT IS THE ORDER OF THE WORLD

"MICRO CREDIT" IS A WELL UNDERSTOOD "SUBJECT" BY THE "BENEFICIARIES"

Term Deposits (MTDR)	
Profit Rate	Duration
10.00 %	03 Months
10.50 %	06 Months
11.00 %	01 Year
12.00 %	02 Years
Double	06 Years

\*Condition Apply

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