

# A germ-free winter

When the mercury drops, bundling up and staying warm may seem like the easiest things to do, but the teeny tiny nightmares that we call germs take a new lease on life at the very same time. And their first targets are children. Winter-long coughing, sniffles, and fever make up a very unpleasant combination for the younger members of the family. It's time to get a head start, and ward them off once and for all this season!

## HAND WASHING

It cannot be stressed enough how important hand washing is. Not only after using the washroom, or before eating, but also after coming home from outside. As an extra precaution, you can always add in a hand sanitiser for cases where there is no water.

## SNEEZING AND COUGHING

It is one thing to not catch a sickness, but it's a whole different story to not spread it. Make sure that kids always use a handkerchief, or tissue when sneezing or coughing. Also, a different but good practice is to sneeze or cough into their elbow. This limits the spread of germs to other people in their vicinity.

## FOOD AND SLEEP

During winter, it is essential to load up on healthy servings of green leafy vegetables, carrots, beans, oranges, and apples. At the same time, limit sugar intake, as research suggests that high amounts of sugar



can suppress the immune system. Also, make sure to clean the school lunch boxes thoroughly.

Do not underestimate the necessity of a good night's sleep for children. Most of the metabolic reactions take place in the body while sleeping. Not getting this sleep makes the body more susceptible to a germ attack, followed by illness.

## THE NO-SHARE LIST

Utensils, toothbrushes, towels — put these on the no-share list to limit the spread of germs this season. Assign separate units for each of your children, as well as for yourself. Also ensure that your child is not sharing water bottles in school or outside of home.

## CLEANING AROUND THE HOME

Doorknobs, handles, and light switches — these are the most touched areas in the household. Make sure to clean these with disinfectants. You can also assign your children for this particular clean-up as a weekly chore. At the same time, establish a practice of changing clothes right after coming home from outside. By separating indoor and outdoor clothes, you can stop germs from spreading.

— LS Desk

Photo: LS Archive/Sazzad Ibne Sayed

# Artists, assemble!

Local artists and artisans have become forgotten talent in society. Their crafts have been overshadowed by non-local products which most of us assume to be of better quality. To give such talented and ardent individuals the opportunity to focus on their craft, the e-commerce platform, Tuki-Taki, emphasises and motivates traditional artwork and hosts its annual event to familiarise their customers with the face behind the goods.

Leonika Hannan, the CEO and co-founder of Tuki-Taki and also an art enthusiast, decided to start this venture to promote local up and coming artists and artisans along with providing a platform for women to sell their crafts from home. Therefore, as a personal initiative and going with the entrepreneurial spirit, Tuki-Taki was born online in 2016.

Tuki-Taki's Arts & Crafts Fest was held on Saturday, 4 December, from 11AM to 7PM at The Midori by Lakeshore. A total of fifteen stalls including *Hat Bakso*, *WanderArt* and many more showcased their illustrations, paintings, handmade jewellery and fridge magnets and other souvenirs, some of which fused traditional and pop-cultural styles to evoke a sense of harmony and heritage and to resonate with the Bangladeshi lifestyle, history, and culture.

The fest also had something for tree-huggers. One of the greener stalls in the fest was Rizwan Samad's display showcasing a unique range of bonsais and terrariums for decor. In the fest, various other activities were arranged side by side. These activities included Painting with Samantha and interactive puppet show by Inventor's Puppet to engage children with the creative arts.

Tuki-Taki, the Facebook-based e-commerce platform, has a selective range of artists fervidly working on their crafts and earning a little something on the side.

Hannan says that talented women are nowadays home bound for a variety of reasons and for them, selling handmade items is not only an extra source of income, but also a good way for them to be creative.

Today's society focuses more on technical subjects. Often, the field of art and crafts is overlooked even though most of us seem to appreciate the outcome of the creative arts. With that, talented and skilled individuals succumb to societal pressure as their heartfelt desires and passions die out. To safeguard such visionary and adroit minds looking to work on their dreams, Tuki-Taki is open to everyone.

To see more of what Tuki-Taki has to offer visit their Facebook page 'Tuki-Taki' or contact the platform through their email [tukitakifactory@gmail.com](mailto:tukitakifactory@gmail.com)

By Puja Sarkar

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