



#HEALTH & FITNESS

Vaccination and immunity thoughts

Unless you have been living under a rock for the last year or so, you know all about the rampaging pandemic. How it has literally changed the world and how it's wreaking havoc all over the globe. So, having a vaccine against such a disease that has come in the form of Hades himself is certainly a fact worth celebrating. But don't throw a party just yet.

Getting vaccinated sure is a good thing but it still means that you should keep certain factors in mind.

For one thing, you still need to wear masks. Not just because the public offices demand it, but because you can be a carrier of the disease. There's a chance that you might catch the disease and not even

realise it and end up infecting someone else. There's also the risk of getting infected yourself even after vaccination in some cases, especially given the different variants of the virus becoming all too common. So don't be lazy — wear a mask.

We are still a long way from achieving herd immunity and until we can achieve that, a large number of the population are still at risk. Which is why you should probably hold off on the big gatherings that you are planning to celebrate your vaccination.

As one user posted on Twitter: "Being Vaccinated does not mean you can host an extravagant party at your West Egg mansion that symbolises the superficiality

and moral corruption of the rich." Sure, it's a satirical reference to *The Great Gatsby*, but it's appropriate for the situation.

You can travel and resume normal activities but remember, it's possible to catch the disease a second time and it's possible to catch it even after vaccination, so you should probably keep in mind that the pandemic is not over just because you got vaccinated.

Remember, there are new variants being discovered and your vaccine, while effective in general cases, may not provide such great protection against the newer variants that appear to be much more atrocious.

Keep the records and papers of your vaccination close at hand for many offices

might ask for them and right now, they are the only proof you have of having been vaccinated.

You still need to wash your hands and face. The vaccine provides an immunity but how long that lasts is still a puzzle that scientists are attempting to solve.

Yes, you can go visit your family as long as you are being cautious. Experts say that fully vaccinated individuals do not need to be quarantined if they do not have COVID symptoms following an exposure. But we still recommend taking all the necessary cautions such as mask and hand sanitisers.

By Ashif Ahmed Rudro
Photo: Collected

HOROSCOPE



ARIES
(MAR. 21-APR. 20)
Your partner will be annoyed with you. Residential moves will be beneficial. Re-evaluate your own motives. Your lucky day this week will be Saturday.



TAURUS
(APR. 21-MAY 21)
Alienation may be the result of a misunderstanding. Colleagues will believe in your ideas. Don't fall behind on chores. Your lucky day this week will be Monday.



GEMINI
(MAY 22-JUN. 21)
You will be eager to learn. Use your ability to motivate others. Lay down ground rules. Your lucky day this week will be Monday.



CANCER
(JUN. 22-JUL. 22)
Keep important information to yourself. Schedule time for yourself. Relationships will be rocky this week. Your lucky day this week will be Friday.



LEO
(JUL. 23-AUG. 22)
Channel your energy wisely. Short trips will be fruitful. Don't be forced into doing anything. Your lucky day this week will be Saturday.



VIRGO
(AUG. 23-SEP. 23)
Listen to loved ones you respect. Expect problems with your partner. Social functions will bring about new romances. Your lucky day this week will be Sunday.



LIBRA
(SEP. 24-OCT. 23)
Let go of the past. Opportunities to make financial gains are likely. Your partner will be emotionally unavailable. Your lucky day this week will be Tuesday.



SCORPIO
(OCT. 24-NOV. 21)
Be prepared to overcome obstacles at work. Pleasure trips will be interesting. Don't let yourself feel restricted. Your lucky day this week will be Wednesday.



SAGITTARIUS
(NOV. 22-DEC. 21)
Use your quick wit to win points with friends. Make plans for travel. Take care of pending health problems. Your lucky day this week will be Monday.



CAPRICORN
(DEC. 22-JAN. 20)
Do something energetic. Your partner may be erratic this week. Avoid being too stressed. Your lucky day this week will be Wednesday.



AQUARIUS
(JAN. 21-FEB. 19)
Keep ahead of the game. Avoid distractions while working. Prepare for massive changes at work. Your lucky day this week will be Wednesday.



PISCES
(FEB. 20-MAR. 20)
Luck is with you. Do something special with your partner. Chronic health problems can arise. Your lucky day this week will be Friday.