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INSIGHT

WTC COMMUNITY WEEKLY



Natural remedies

- Drink more water, fluids, herbal tea and warm broth
- Plenty of rest
- Up your zinc intake
- Use a humidifier
- Gargle with saltwater
- Apply menthol ointment

Sweater Weather

Hands up if you have been feeling a slight fever, annoying itchy cough, runny nose and aching body recently.

Three years ago you would have written it off as a common cold. These days, your mind wanders 'Who did I come in contact with? Where is the nearest Covid testing?' (*Medika Plaza at WTC 2 retail area and Royal Progress drive thru at upper level double deck parking, if you are at the WTC complex by the way!*)

Of course it can simply be just a flu, especially in this transition season. So have some rest, if you are still unsure, go for an antigen or PCR test.

Yours truly,
the community editor