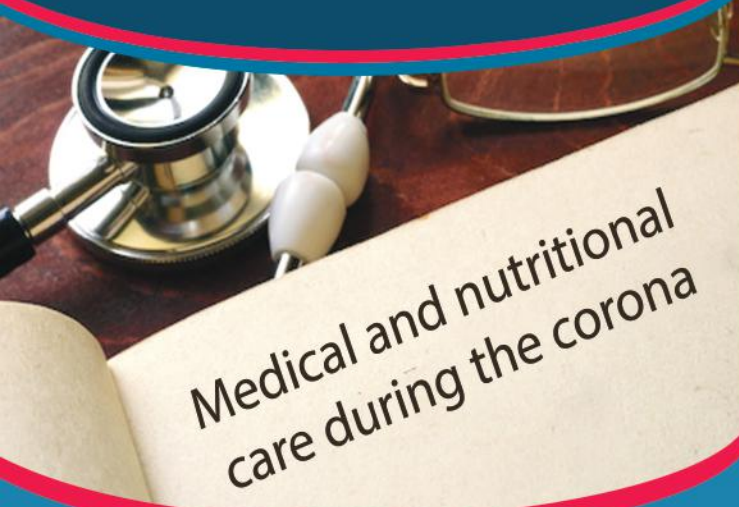




Medical and nutritional care during the corona



► Nutritional recommendations for adults during the outbreak of COVID-19:

► Nutrition management for mild symptoms

Make sure you drink enough fluids.

Foods should include a variety of foods, including foods rich in energy, meat, milk, legumes, fruits, and vegetables.

If you do not get enough from your diet, consider taking supplements of vitamin C, zinc, vitamins A, B6, D, E, iron, folate, and fiber.

A sore throat can be relieved by consuming tea, honey, ginger, turmeric, sage.

Use herbs such as oregano, sage, cinnamon.

Limit foods high in unhealthy fats and sweets.

► Nutrition management in any of the signs and symptoms related to lung diseases

Coughing:

Use honey and lemon, warm water.

Early satiety: Eat frequent, nutritious meals.

Anorexia: Eat nutritious meals or snacks.

Consumption of vitamins and mineral supplements.

Patients with weight loss get enough food from all food groups

Adequate protein intake

Shortness of breath

Eat a diet low in carbohydrates and healthy fats.

Such as the use of canola, sunflower, avocado, corn oil (liquid at room temperature)

Fatigue

Consider a protein source at every meal to maintain the energy released from food.

Limit sweets and sweet foods.

Eat small, frequent meals.

Exercise with caution.



► Abnormal production of sputum ◀

Increase your intake of fruits and vegetables such as citrus fruits and leafy vegetables.

If you are allergic or intolerant to certain foods, it may increase mucus production.

Avoid foods that contain histamine include processed meats, vinegar, dried fruits, tomatoes, spinach, mushrooms, eggplant, cheese, yogurt, sour cream, buttermilk, and smoked fish.

Vomiting

Eat frequent and nutritious meals.

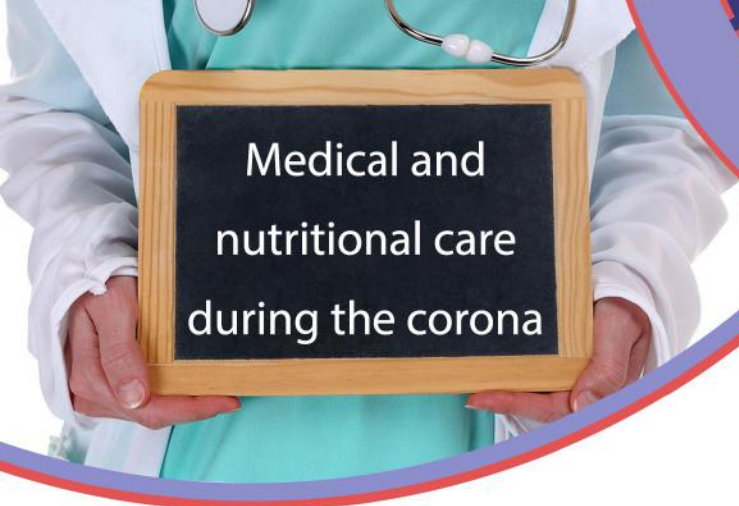
Consume dry foods and snacks.

Do not eat liquids.


Eat 45 to 90 degrees while sitting.

Anemia : Consume foods rich in iron. Take iron supplements.

Fluid retention : Some patients with fluid retention require sodium and fluid restriction.



Medical and nutritional care during the corona



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- ▶ Loss of new taste or smell
 - ▶ Sore throat
 - ▶ Runny nose
- ▶ Nausea or vomiting
- ▶ Diarrhea

If someone shows emergency warning signs for COVID-19, seek immediate medical attention:

- ▶ Difficulty breathing
- ▶ Persistent chest pain or pressure



- ▶ Stay at home unless receiving medical care
- ▶ Most people with COVID-19 a mild illness can recover at home without medical attention.

- ▶ Rest and stay hydrated.

- ▶ Avoid public transportation.

- ▶ Separate yourself from other people.

- ▶ Tell your close contacts that they may have been exposed to COVID-19.

- ▶ An infected person can get COVID-19 48 hours (or two days) before a person gets positive symptoms or tests.

People with these symptoms may have

COVID-19:

- ▶ Fever or chills
- ▶ Coughing
- ▶ Shortness of breath
 - ▶ Fatigue
 - ▶ Muscle pain
 - ▶ Headache



- ▶ Confusion
- ▶ Inability to wake up or stay awake
- ▶ Pay attention to the color of the skin, lips, or nail bed if it is pale, gray, or blue.

Use a mask:

- ▶ If you are sick, put the mask on your nose and mouth.
- ▶ If you are single, you do not need to wear a mask.
- ▶ If you can not put on a mask, cover your cough and sneezing in another way. Try to be at least 2 meters away from other people.
 - ▶ Cover your cough and sneeze.
- ▶ Dispose of used paper towels in the bin.
 - ▶ Clean your hands regularly.
- ▶ Wash your hands often with soap and water for at least 20 seconds.