Part 3:
NUTRITION

Nutrition is gold

PART A. PRINCIPLES OF NUTRITION

1 Provide adequate energy, **supplement 4 groups of substances**, **eat 3 main meals** and eat more snacks, try to eat >= 15 foods per day including spices.

2 **Drink 8-10 glasses** of water per day (equivalent **to 1.6 – 2.o liters), especially warm water**, and drink small sips. Should drink other types such as diluted lemon, orange juice**. Note,** for children and the elderly who need to replenish water regularly, do not wait until thirsty

200ml water x8

3 **Eat fruits and vegetables that contain a lot of water:** watermelon, tomatoes, oranges, apples, cucumbers, broccoli, ...

4 Should take garlic essential oil tablets or 1-2 cloves of garlic, warm ginger water, warm lemon juice.

5 **For the elderly, children, people with chronic diseases, and underweight people** can add energy and protein-rich foods such as cereals, milk and dairy products, no more than 2 cups per day.

6

RESTRICT

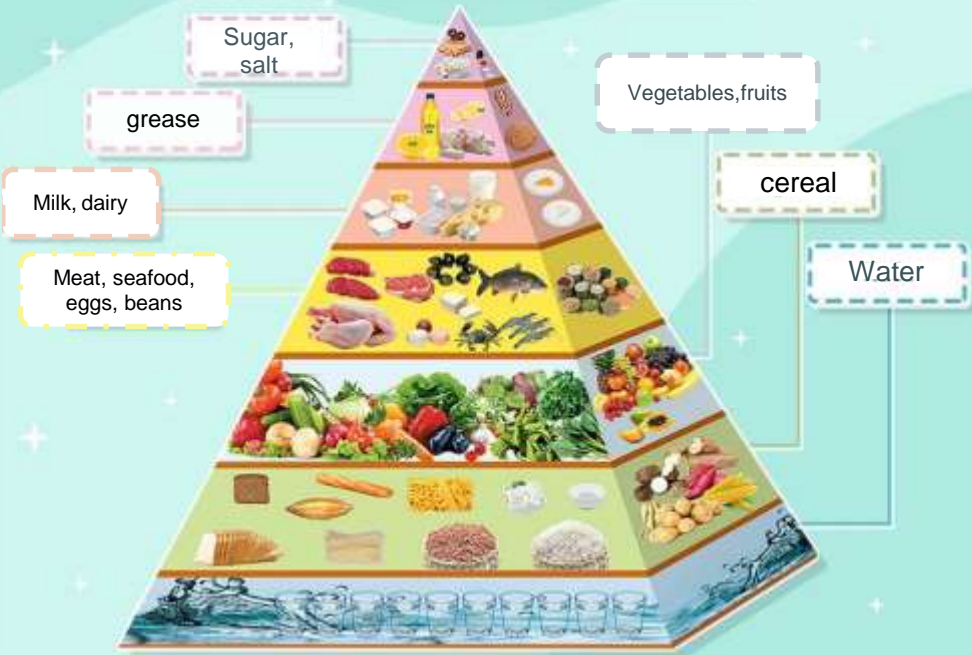Sugar, soft drinks, cakes, greasy foods, fried foods

Salty food (<5g salt/day, ≈1 teaspoon)

Gatherings, drinking, partying.

B.FOODS

Sugar, salt

grease

Milk, dairy

Meat, seafood, eggs, beans

Vegetables,fruits

cereal

Water

Starch		provide energy for the body
Protein		Maintain system and help heal fasterain the immune
Fat		provide energy for body metabolism,Omega 3
Vitamin-Mineral		Vitamin A help prevent the entry of viruses and bacteria Vitamin C boost immunity, reduce symptoms of inflammation Vitamin D activating the immune system Vitamin E it is a powerful antioxidant, reduces respiratory infections, supports immunity antibodies Zinc maintain the functioning of the immune Selen helps improve immunitysystem system
Spice		spices with antibacterial, anti-inflammatory, immune-inhancing properties such as garlic, ginger, onion, scallions, chili...

C.SELECT, BUY, PROCESS, PROTECT FOODS

1.When shopping for foods

1.Check amount of essentials left in the house

2.Make a list of foods to buy

3.Wear a mask and bring har sanitizer before leaving the house

4.Buy enough food to avoid hoarding

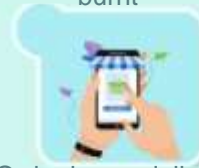5.Keep a distance of at least 2 meters from other people

6.Do not buy food that is sick, rotten, foul, burnt

7.Stay away from waste and wastewater storage areas in the market

8.Wash your hand immediately after handling raw meat

9.Order home delivery if you can not get out of your residence

2.After buying foods to go home

Wash hands after go home, **change** clothes, **wash** cloth masks or **change out** used masks

Disinfectant spray for food packaging

Prepare and preserve food carefully and safety
Change packaging and store food in special bags or boxes

Clean with antispeptic solution of surfaces (table,place for food…) that come in contact with food

C.SELECT, BUY, PROCESS, PROTECT FOODS

3.When handling and preparing food at home

Wash hands
Wash hands with soap and water before handling food

Preserve
Packaging such as cans, bottles, boxes,… can be cleaned with disinfectant before opening or storing

Use separate utensils for fresh food
Use separate knives, cutting boards, chopticks, and spoons for raw food to avoid cross-contamination of cooked foods

4.When storing food in the refrigerator

o Keep your refrigerator at about 4-5 ^oC, avoid leaving too many foods, ensure storage temperature.
o Clean the fridge once a week, get rid of spoiled food.
o Make sure to cook and reheat food to suitable temperature(less than or equal to 72'C within 2 minutes).
o Leftovers should be put in a box to cool quickly, date before putting in the fridge.

SHOULD

SHOULD NOT

Source: Eatright(2018), Retrigerate-The Basics

D. FOOD HYGIENE

Do not touch the insides of clean dishes, drinking glasses and eating utensils with your mouth

Use cups and glasses to drink cans and cans because they are put directly on the lips

Each person has their own set of eating utensils, in order to limit the risk of virus and bacteria infection through eating

Eating utensils of sick people should be washed with warm water and kept separately

Always eat cooked and drink boiled to avoid food-borne illnesses

Source: Nutrition for Non-Nutritionists (2020) – Serving food safety during COVID-19

E. THE PSYCHE OF EATING AND DRINKING

SHOULD
Mentally comfortable enjoying meals, can eat remotely with loved ones through zalo, facetime applications, applying "eating meditation"

SHOULD NOT
Too worried about the disease, thinking negatively, blaming the person who spreads the disease,..

Apply " eating meditation " to keep your mind at ease

1. LOOK
Look at the plate of food and feel it in what kind of funny shape?

2. PASSING EYES
Close your eyes and imagine the food in your head, think of the person who made the dish, the process of making that dish.

3. SMELL
Smell the fragrance and feel it

4. TOUCH CODE
Bring food to your lips, then put it on your tongue and feel where the food is touching

5. BITE
Consciously bite and feel the deliciousness of the food

6. CHOOSE AND SWALLOW
Chew and count the number of times before swallowing. Swallow slowly feel the food moving down the stomach and thank the person who created the dish for you

WITH THOSE CHANGERS
- Start with a light meal and gradually increase the taste
- Use sour candy, mints, or gum before and after meals if you have dry mouth
- Oral hygiene, creating a sense of appetite

WITH ANOTHER PEOPLE
-Share meals 4-6 times/day, don't skip meals
- If you can't eat rice, replace it with nutritious foods such as porridge, meat, milk, high energy, cereals, ..
- caregivers encourage and motivate to motivate them to live optimistically

Optimistic spirit - nutritious meals - maintain health

Part 4:
HEALTH MONITORING
&
HOME CARING

THINGS TO KNOW?

A. What is Covid 19?

Corona Virus Disease (CoV) is a family of viruses that are transmitted from animals to humans and cause illness in humans ranging from the common cold to life-threatening conditions such as acute respiratory syndrome. SARS-CoV in 2002 and Middle East Respiratory Syndrome (MERS-CoV) in 2012

Transmission route

Directly spread from person to person through respiratory droplets such as droplets, aerosol particles, air

Through contact with an infected person

indirectly through contaminated objects or surfaces

B. What are the symptoms of Covid 19?

Most common symptoms

Fever Fatigue Dry cough

Less common symptoms

Sore throat Body aches diarrhoea

Loss of taste or smell Swollen or red eyes Skin rashes

Serious symptoms

Shortness of breath Lost of speech or movement Tightness in chest

More than 80% of patients do not have pneumonia and usually recover on their own after 1 week. Some cases have no clinical symptoms

Nearly 20% of patients developed serious disease, average interval from the initial symptoms to serious disease was 5-8 days

B. What are the symptoms of Covid 19?

20-40% of carriers have no symptoms.
This absence of symptoms will increase the spread of pathogens into the environment, making more people infected

After the full-blown period 7-10 days, if there is no respiratory failure, the patient will have no fever, clinical signs will gradually return to normal and be cured.

Mortality occurs more frequently in the elderly, immunocompromised, and chronic comorbidities.

C. WHAT SHOULD WE DO IF WE BECOME F0?

If you are at risk: obese, over 60 years old, have underlying medical conditions under treatment, you should immediately contact local health care to prepare for isolation.

1. Things to prepare:

Foods or tablets that contain many vitamins, especially vitamin C
For example: oranges, lemons, tangerines, beetroots,…

Mouthwash: Saline, antiseptic mouthwash

Antipyretics: Paracetamol, note that using drugs that do not contain caffeine in the evening because of insomnia
Antitussive, Antidiarrheal

Ginger, lemongrass: used for sauna

Rubbish bags are labeled:
"HAZARDOUS WASTE CONTAINS SARS-Cov-2"

Health monitoring equipment: Thermometer, SpO2 gauge, smartphone

Installing the Vietnam health declaration application on your smartphone with the instructions below.

Step 1

Install the Vietnam health declaration application (VDH)

Step 2

Login with phone number and OTP code

Step 3

Register to declare face recognition with 3 photos and home isolation location

Step 4

Declare health daily or immediately when there are abnormal signs of health by facial recognition

C. IF WE BECOME CASE OF Fo, WHAT SHOULD WE DO?

2. Isolate the patient:

Wear a mask and **isolate** in a separate room

Keep a distance of at least 2 meters from everyone

Isolation rooms must be well ventilated, open the windows regularly

If using an air conditioner, it must be used separately
Rooms are not shared with central air conditioning system

It is not allowed to buy oxygen generators, ventilators for storage because it is flammable and unprofessional to use.

C. IF WE BECOME CASE OF Fo, WHAT SHOULD WE DO?

3. Ensure the safety of people surrounding

Implementing measures 5K, no contact with anyone, including pets

Cover your nose and mouth when coughing or sneezing with the elbow of your shirt, cloth towel, handkerchief, or tissue

The patient's waste is collected in separate garbage bags and contact the ward medical station for treatment

Wash your hands with soap regularly, especially after coughing and sneezing

Clean and disinfect surfaces frequently touched by patients

Prepare washing machine or buckets, basins for the patient to do their own laundry

Use your own personal belongings: cups, cups, chopsticks, spoons,...

C. IF BECOME F0 WHAT DO WE NEED TO DO?

4. Caregivers need attention:

Need to wear a mask and a droplet shield when in contact with patient

After contact, remove the mask and wash your hands with alcohol-based solution

Masks after use must be put in a separate trash bag. The droplet shield, if reused, needs to be disinfected with an alcohol-based solution, exposed to the sun and left to dry and cool

Do not hug personal belongings, dirty clothes of patient

C. IF BECOME F0 WHAT DO WE NEED TO DO?

5. Taking care of patient

• How to monitor health?

Measure the patient's temperature, breathing rate, and oxygen saturation SpO_2 2 times/day (morning and afternoon)

Normal temperature: 36-37.5°C
Breathing Rate: 16-20 beats/minute
SpO_2 ≥95%

Monitor symptoms for patients with high risk factors (co-morbidity, older age, obesity, etc.).

Daily health declaration using Vietnam Health Declaration app on smartphone

C. IF BECOME F0 WHAT DO WE NEED TO DO?

5. Taking care of patient

• What is SpO_2 and how to monitor ?

SpO_2 is the oxygen saturation in the peripheral blood Normal SpO_2 values range from 95-100%

Monitoring SpO_2 is very important, most Covid-19 cases admitted to medical facilities are in critical condition because SpO_2 drops low, leading to shortness of breath which is a dangerous symptom that needs to be treated immediately

Monitor SpO_2 2 times/day (morning and afternoon). You can measure SpO2 with a dedicated machine or use smart phone with the App. For iOS operating system is CareFlix Vital application, and for Android is Pulse monitor

C. WHAT MUST BE DONE IF WE WERE F0?

5. Taking care of patients

How to use the SpO2 tester

1. Using dedicated tester:

Open the tester and put your index finger into the bottom of it

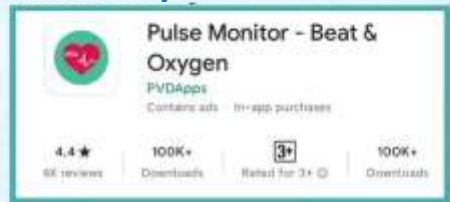Press the power button, keep your fingers during the measuring

The result will appear on the screen after few seconds

2. Downloading applications on your phone:

App Store:

CarePlix Vitals

Careplix Healthcare   Health & Fitness

Contains Ads

This app is available for all of your dev

Add to Wishlist

CH Play:

Pulse Monitor - Beat & Oxygen

PVDApps

Contains ads   In-app purchases

4.4 ★   100K+   3+   100K+
6K reviews   Downloads   Rated for 3+   Downloads

When the levels of SpO2>90%>94%, please:

+ Contact the medical site at your ward to be advised or hospitalized.

+ Comply medical staff's instructions about how to use medicines

+ Absolutely do not self-medicated!

C. WHAT MUST BE DONE IF WE WERE F0?

5. Taking care of patients

- What do you need to do when you have a fever?

- Checking your temperature every 2 hours until it back to the normal number (36-37,5°C)
- When your temperature >38,5°C, using paracetamol 10-15mg/kg/time, do not use over 60mg/ka/day for children and 2 grams/day (only use under 4 tablets 500mg) for adults
- If your temperature > 39°C, you must inform the medical staff
- Ensure to balance fluids and electrolytes in your body by drinking 1,5-2 liters of water everyday
- Provide full nutrition and enhance your physical health
- Wear loose and comfortable clothes

- What do you need to do when you cough?

- Use cough suppressant
- Clean your nose, throat and gargle with specialized cleaning solution or physiological saline 3 times/day
- Keep your body warm, especially the neck and face area
- Do not consume stimulants and foods that are too spicy and hot your body

C. WHAT MUST BE DONE IF WE WERE F0?

5. Taking care of patients

- What do you need to do when you get tired?

  - Eat well, do not skip any meal
  - Take rest reasonably, but do not stick to your bed
  - Move slightly in your room and do exercises to improve your health
  (having more information in the movement's section)

- Dealing with muscle sore and headache:

  - Take reasonable rest and do not lie too long in bed
  - Exercise gently and work out in your room
  - Use paracetamol to ease your pain
  - Apply heat treatment on pain sites

- Dealing with reducing taste:

  - Provide nutrition complement
  - If you feel anorexia, you could eat milled porridge (added meats and vegetables)
  - Drink nutritious milks or cereals
  - Supply nutrition by drinking fruit, vegetable juice
  - (referring more in nutrition's section)

C. WHAT MUST BE DONE IF WE WERE F0?

5. Taking care of patients

- Dealing with throat sore

- Drink 1,5-2 litters warm water everyday
- Taking paracetamol to ease your pain

- Dealing with diarrhea

-Provide enough water and nutrition
- Take antidiarrheal medicine
- Take electrolyte supplement liquids such as oresol, hydrite,...

C. IF WE BECOME F0 WHAT SHOULD WE DO?

5. Take care of patients

- ### Take care of spirit

- Keep your mind relaxed, calm and think positive.
- Read books, listen to music, watch TV to relax.
- Do exercises regularly to retain healthy body and cheery spirit.

- Talk to your families, friends to share your thought by phones
- Take care of decorative plants, clean quarantine rooms neatly and orderly
- Maintain positive energy to enforce immune system.

Notes on drug use

1. Do not use the drug without consulting a medical professional

2. Do not use antibiotics when treating covid because drugs have no effect on the virus

3. Use only when directed by medical personnel

4. If the patient is taking drugs to treat chronic diseases such as high blood pressure, diabetes, etc., they can still take the medicine normally. When you run out of medicine, you need to contact your treating doctor for advice

5. When there are no symptoms, do not take preventive medicine

D. Dangerous signs, Call 115 immediately

1. Difficulty breathing, rapid breathing, wheezing

2. Chest pain, frequent lethargy, dizziness, lightheadedness

3. Can not get out of bed, can not take care of yourself

E. Contact number

https://drive.google.com/drive/folders/1WJlvP
XsCzrsDCvLtBb-oWX_9bhDscQ1X?usp=sharing

SCAN ME

Source: Ministry of Health and World Health Organization