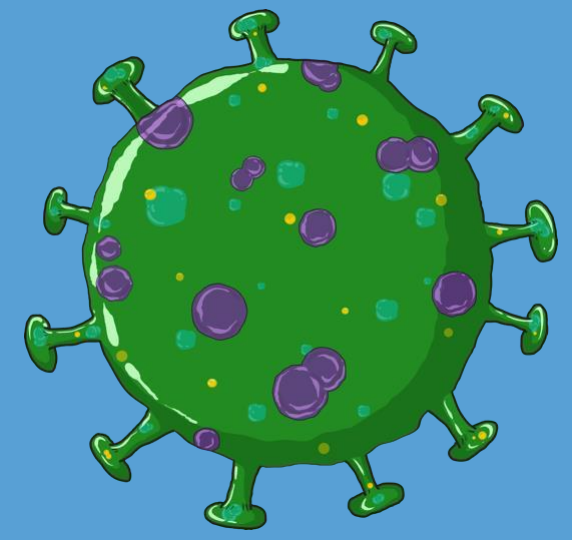
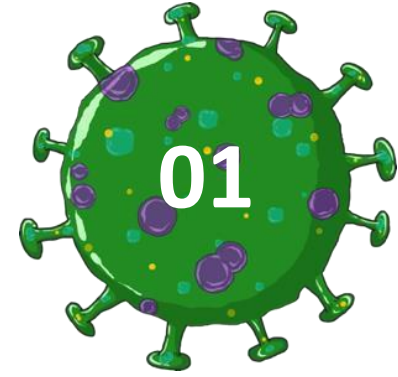


ESSENTIAL NUTRITION PRACTICES DURING COVID-19 PANDEMIC

Counselling Cards



CORONAVIRUS DISEASE 2019 (COVID-19)



- ❖ **December 2019**, COVID-19 was first detected in Wuhan, China
- ❖ **11 March 2020**, WHO characterized COVID-19 as a **PANDEMIC**

COMMON SYMPTOMS OF COVID-19



- Fever



- Dry Cough

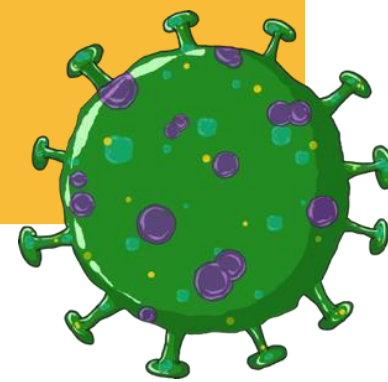


- Shortness of Breath

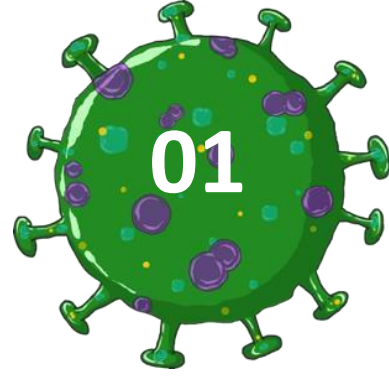


- Some patients may also have body aches, nasal congestion runny nose, sore throat or diarrhea.

Every one irrespective of their age, sex, caste, poor or rich are at risk of COVID-19 infection. It has equally affected both developed and developing countries.



Key Messages

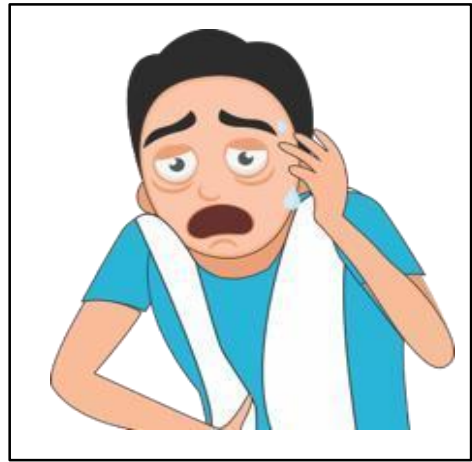
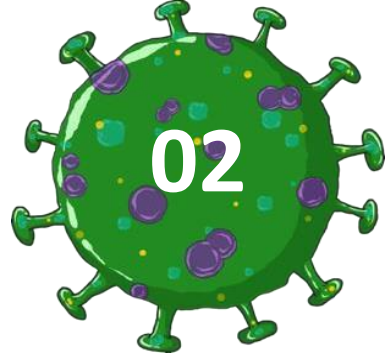


- COVID-19 is an infectious disease, first detected in Wuhan, China
- More than 227 countries are affected by COVID-19
- In India 81,970 are affected, around 27,920 are recovered and 2,649 died due to COVID-19 (*As on 15th May 2020*)
- Complications of COVID-19 are more frequent in people with co-morbidities.

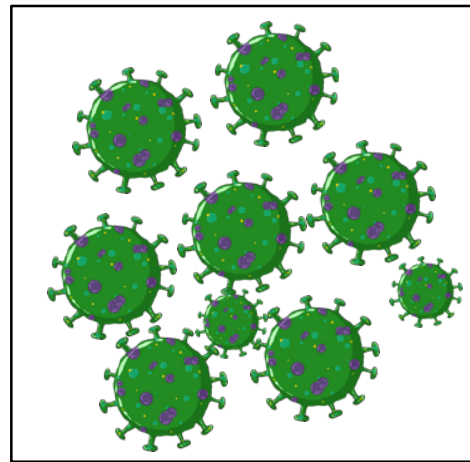
Symptoms of COVID-19 are:

- Fever
- Dry Cough
- Shortness of Breath
- Some patients may also have body aches, nasal congestion runny nose, sore throat or diarrhea

COVID-19: Modes of Transmission



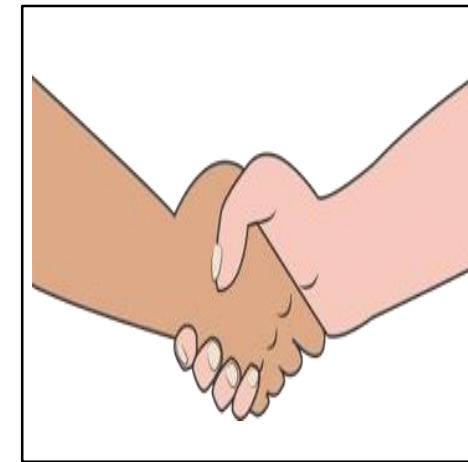
**SNEEZE/COUGH
BY INFECTED
PERSON**



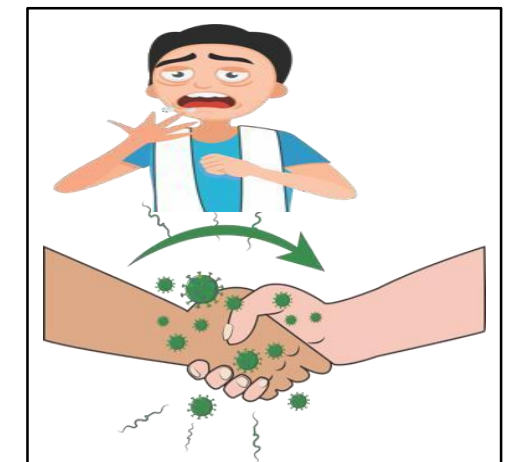
**INFECTED
DROPLETS**



**INFECTED
DROPLETS GET
ON TO YOUR
HANDS**



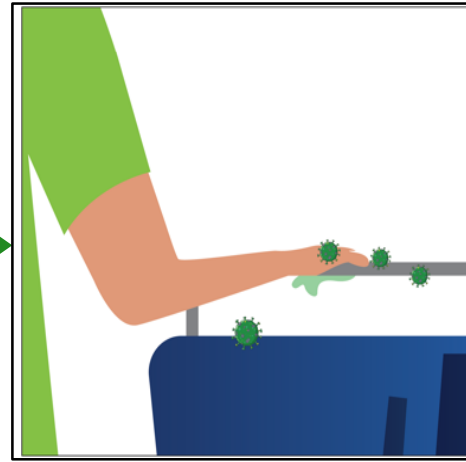
**HANDS WHEN
TOUCH ANY
SURFACE OR
PERSON**



**VIRUS
TRANSFERRED**



**SNEEZE/COUGH
BY INFECTED
PERSON**



**INFECTED
DROPLETS**

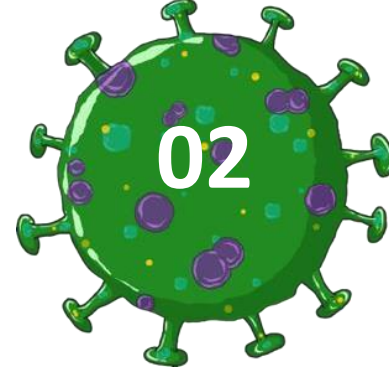


**INFECTED
DROPLETS GET
ON YOUR HAND**



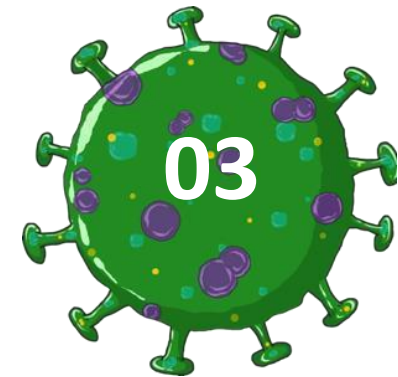
**VIRUS
TRANSFERRED!!**

Key Messages



- COVID-19 is primarily transmitted between people through respiratory droplets i.e discharge from the nose, during coughing and sneezing.
- Transmission occurs when a person is in close contact (within 1-2 metres) with someone who has respiratory symptoms (e.g., coughing or sneezing)
- Direct contact with infected people and indirect contact with surfaces in the immediate environment or with objects used by the infected person are also other modes of transmission

Take Timely Advice from the Health Facility



COVID Symptoms

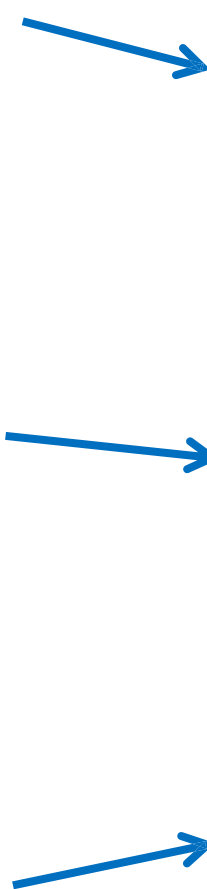
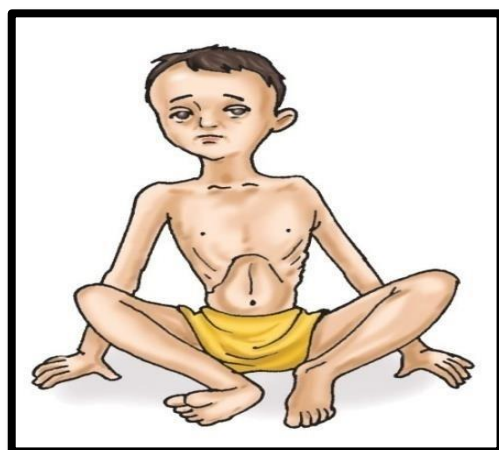
High grade fever



Dry Cough

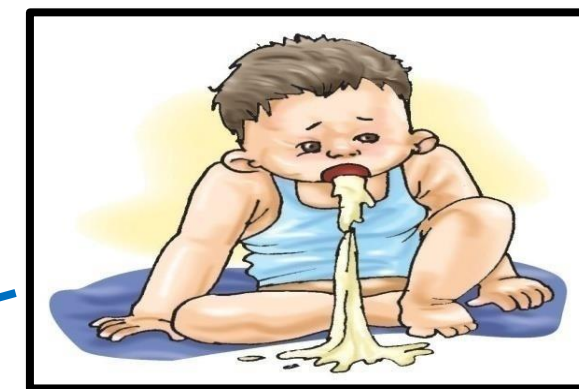


Difficulty in breathing and chest indrawing

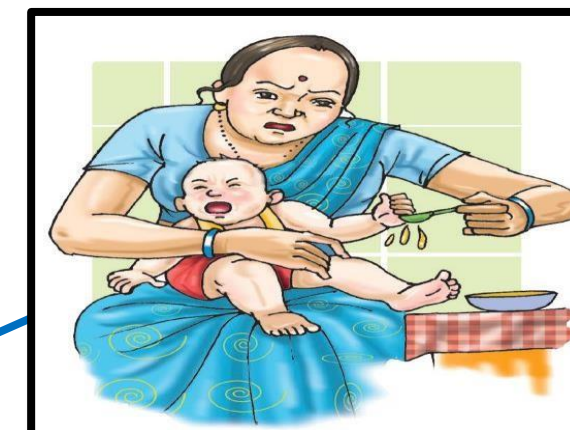


Other Symptoms

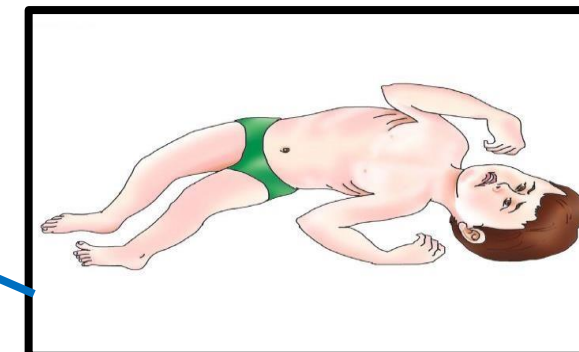
Persistent Vomiting



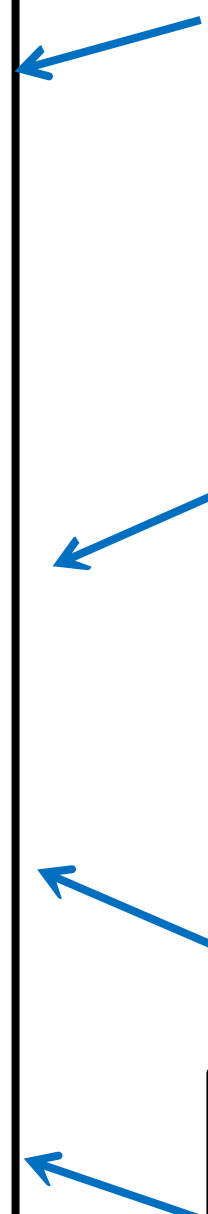
Refuses to feed



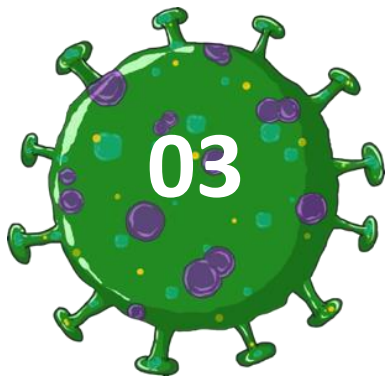
Convulsions



Diarrhea



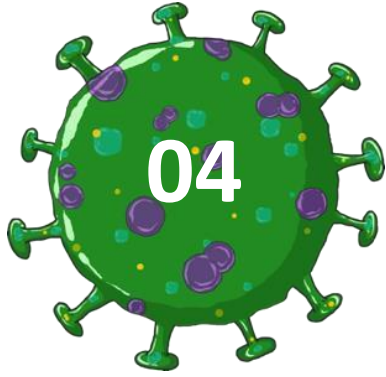
Key Messages



Take your child immediately to a health facility if any of the following symptoms are present:

- **COVID-19 symptoms:** fever, dry cough, difficulty in breathing and/or depression in lower chest wall
- **Other Symptoms require immediate consultation:**
 - ✓ Not able to be breastfeed, not able to drink
 - ✓ Persistent vomiting
 - ✓ Watery diarrhea and child is thirsty, lethargic or has sunken eyes which indicates dehydration
 - ✓ Visible blood in stool
 - ✓ Convulsions, they are life threatening

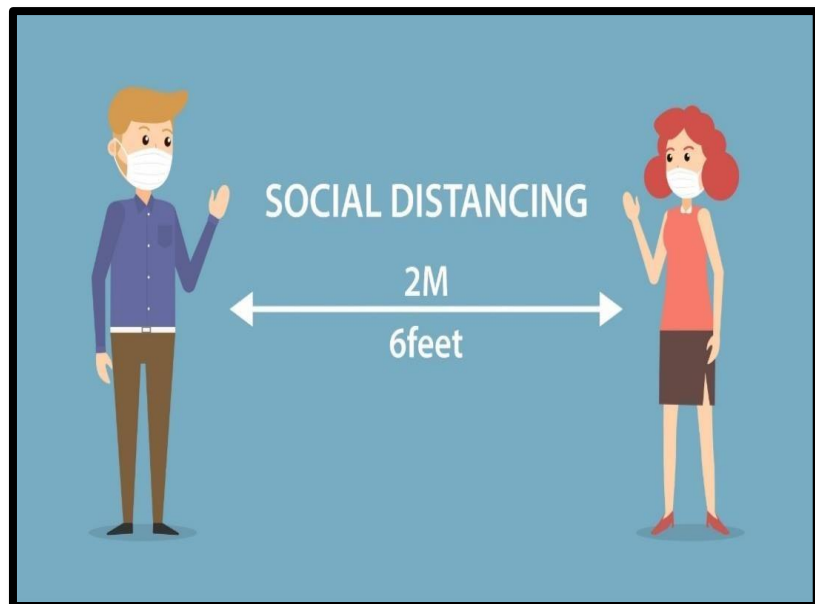
COVID-19: Prevention



Hand Hygiene



Social Distancing

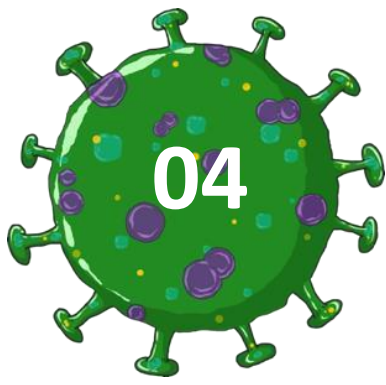


Respiratory hygiene



Essential Nutrition Practices For Good Immunity

Key Messages



Hand Hygiene:

- Wash your hands with soap and water for at least 40 seconds at regular intervals

Social Distancing:

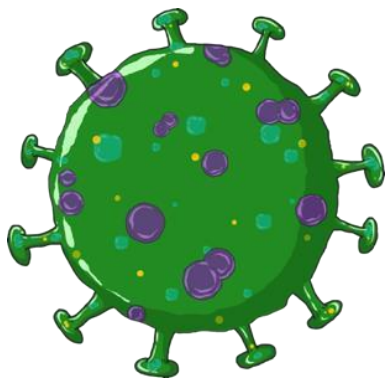
- Keep a distance of 1-2 meters between yourself and another person
- Avoid going to crowded places like markets and taking public transport

Respiratory hygiene:

- Avoid touching eyes, nose and mouth and practice respiratory hygiene by coughing or sneezing into a bent elbow or tissue, then immediately dispose the tissue

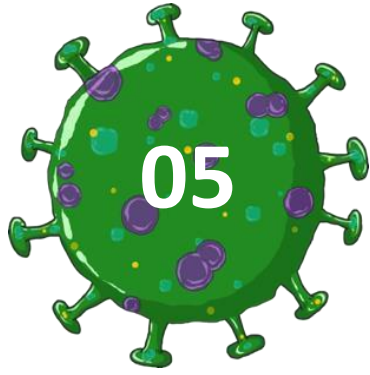
Essential Nutrition Practices:

- Essential Nutrition Practices are important to improve immunity and helps in fighting COVID-19 and other infections

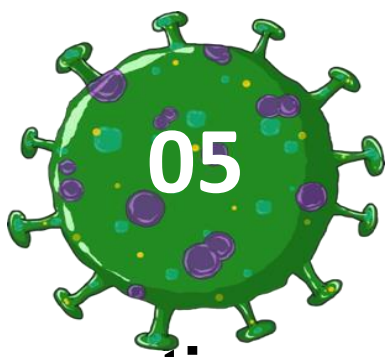


10 Essential Practices for Improving Nutrition

1. Wash Hands with Soap and Water at Regular Intervals



Key Messages



Washing hands with soap and clean running water for atleast 40 seconds is key preventive measure to fight the spread of COVID-19

Explain the steps of hand washing with soap and water

- Wet your hands with clean running water
- Create foam in your hands by rubbing them together with the soap
- Rub your palms together
- Interlock your fingers and rub them together (back and front)
- Rub each thumb
- Rub around your wrists and up toward your elbows
- Clean under your fingernails
- After at least 40 seconds of scrubbing, rinse your hands with clean running water
- Shake your hands dry in the air

Always wash your hands during these critical times:

Before

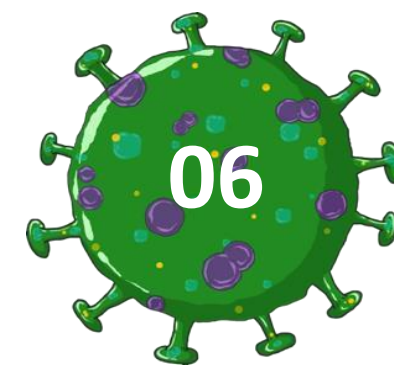
- Preparing and eating foods
- Feeding infants and young children

After

- Using the toilet
- Cleaning your baby's bottom
- Coughing or sneezing
- Practicing agriculture
- Handling livestock or other animals
- Cleaning home and compound

When soap and water is not available alcohol based sanitizer need to be rubbed for atleast 20 seconds

2. Continue Breastfeeding Irrespective of COVID-19 Status



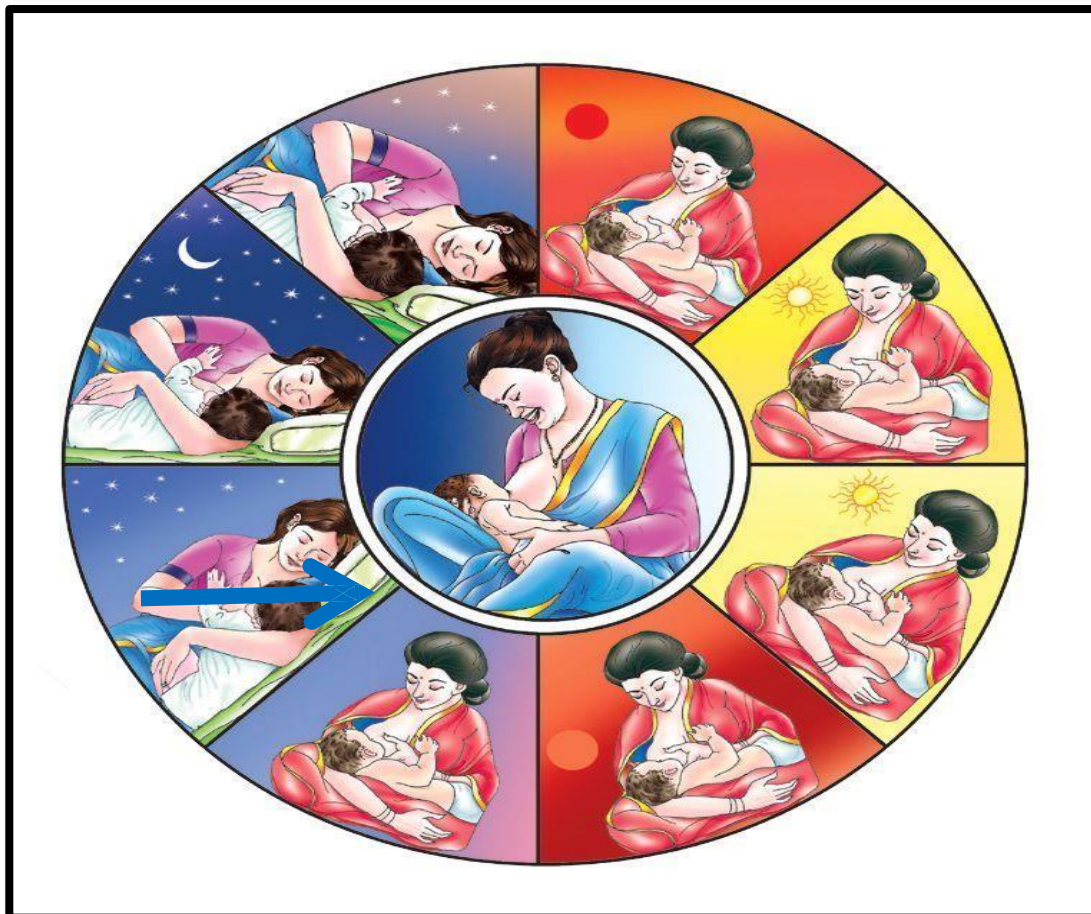
If mother is HEALTHY



If mother is suspected/confirmed COVID 19 status: Wear Mask/cloth mask



If mother is confirmed with COVID-19 and she is sick

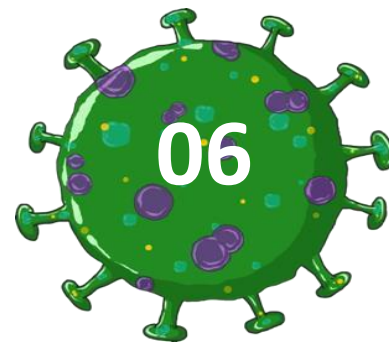


Express breastmilk



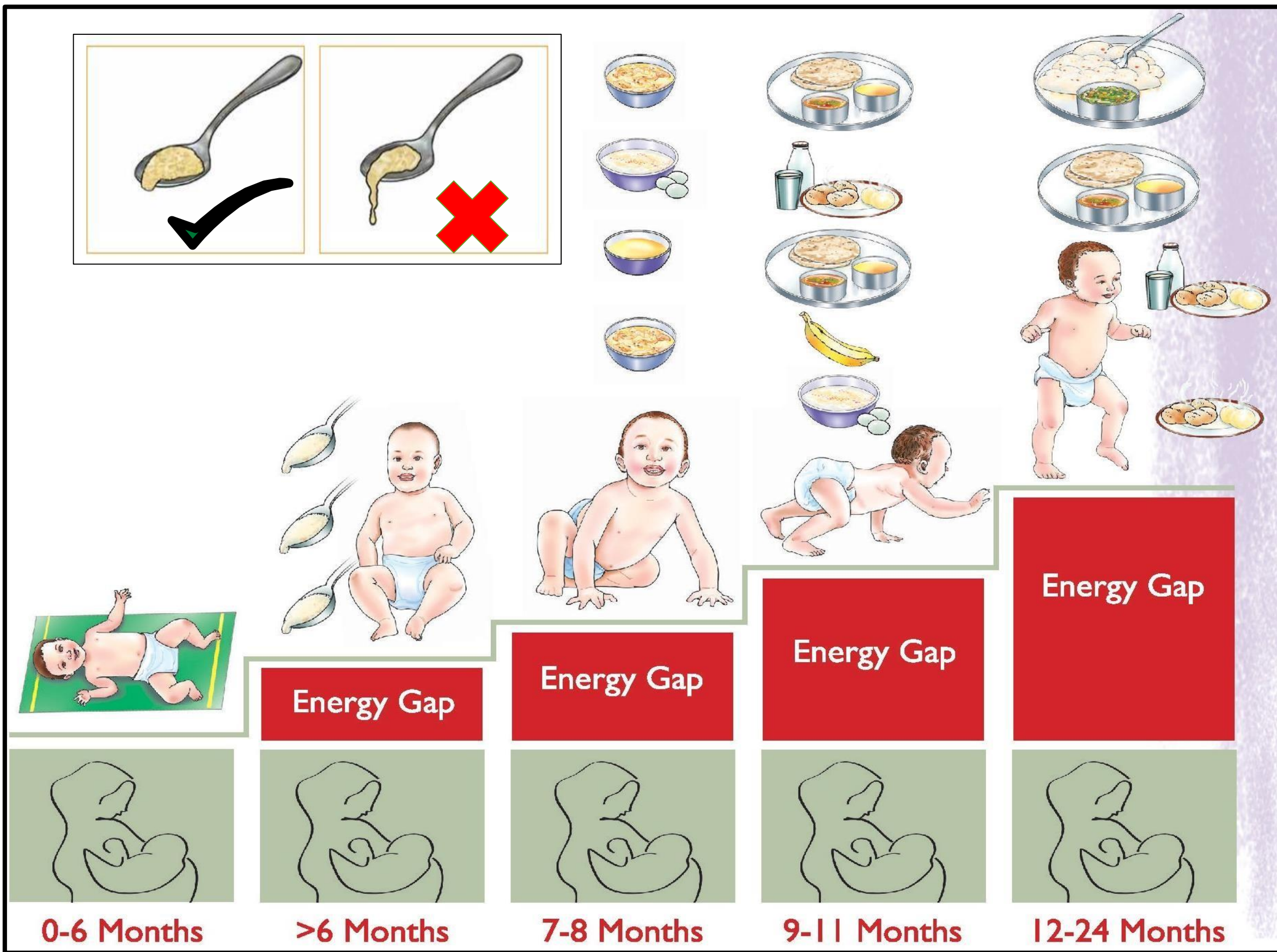
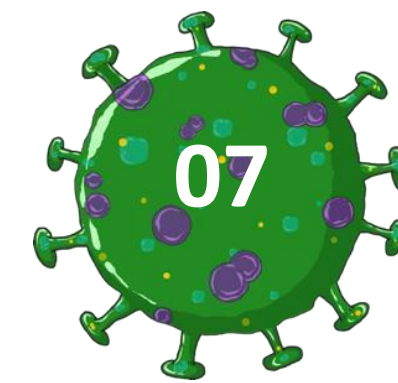
Feed with spoon and cup

Key Messages



- Breastfeeding protects babies from infections and important for their survival
- All mothers whether uninfected or COVID infected should continue to breastfeed with infection prevention measures
- *All mothers should initiate **breastfeeding within one hour of birth, give exclusive breastfeeding up to 6 months and then continue breastfeeding upto 2 years or beyond along with complementary feeding***
- **If mothers has symptoms of COVID-19**
 - ✓ *Seek medical care and follow the healthcare provider instructions*
 - ✓ *Wear mask/cloth face mask*
 - ✓ *Wash hands for atleast 40 seconds*
 - ✓ *Routinely clean/disinfect the floor/play area*
 - ✓ *Follow respiratory hygiene*
 - ✓ *Feed the expressed breastmilk with spoon/cup when mother is sick/away from baby*

3. Ensure Timely & Appropriate Complementary Feeding



0-6 Months

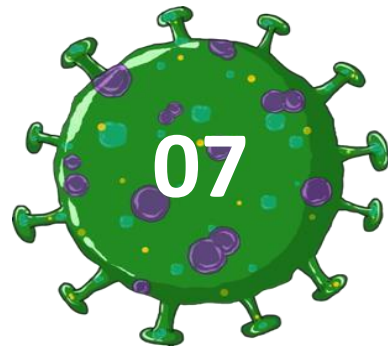
>6 Months

7-8 Months

9-11 Months

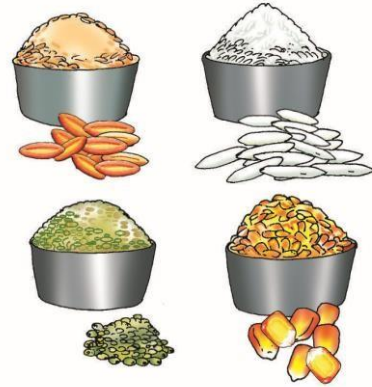
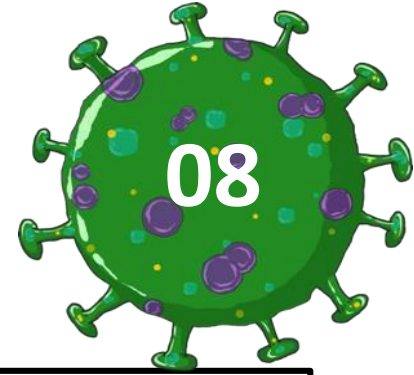
12-24 Months

Key Messages

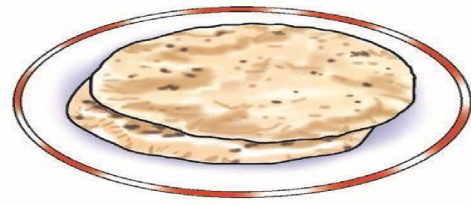


- After 6 months, breastmilk alone is not sufficient to maintain growth, so baby needs other home made foods in addition to the breastfeeds which is known as complementary feeding
- ***For children 6-9 months***, start with 2-3 table spoons per feed and gradually increase to 1/2 of a 250 ml cup or bowl, feed 2-3 meals per day in addition to breastfeeding
- ***For children 9-11 months***, start with 1/2 of 250 ml cup or bowl, feed 3-4 meals per day in addition to breastfeeding
- ***For children 12-24 months*** start with 3/4 to 1 of 250 ml cup or bowl, feed 3-4 meals per day in addition to breastfeeding and depending upon child's appetite 1-2 snacks can be offered
- Use Iodised salt while cooking food
- Be patient and actively encourage your baby to eat. Do not force your baby to eat.

4. Ensure Food Diversity



Cereals



Roti



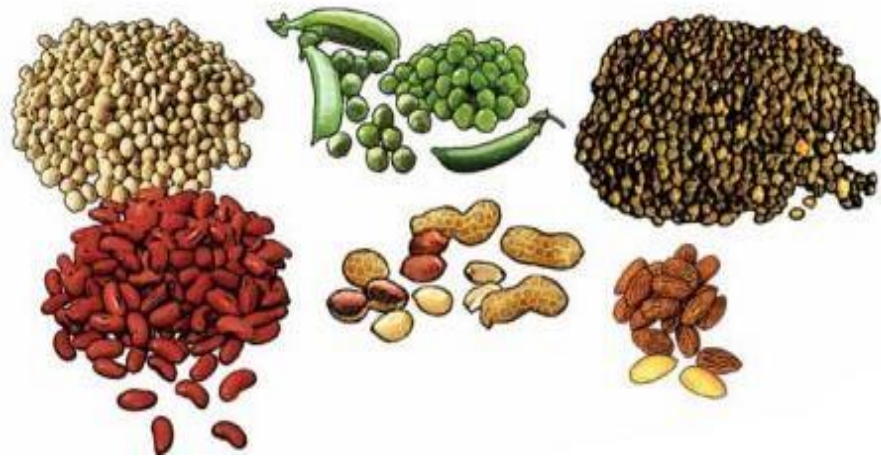
Rice



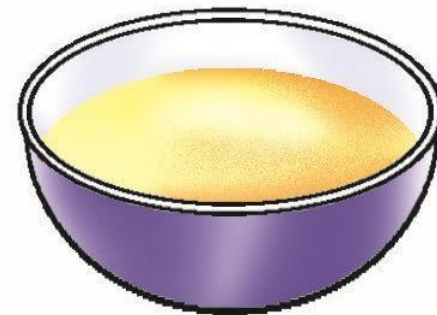
Suji Halwa



Milk & Milk products



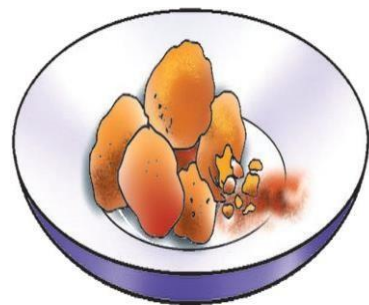
Pulses and Groundnut



Dal



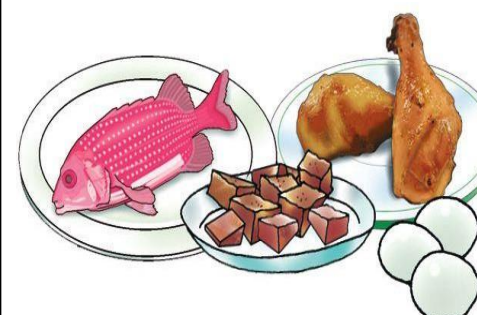
Fruits and Vegetables



Sugar and Jaggery

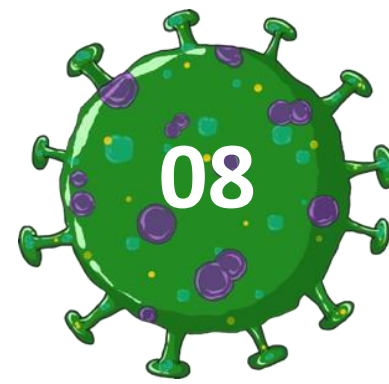


Oil & Ghee



Meat and Eggs

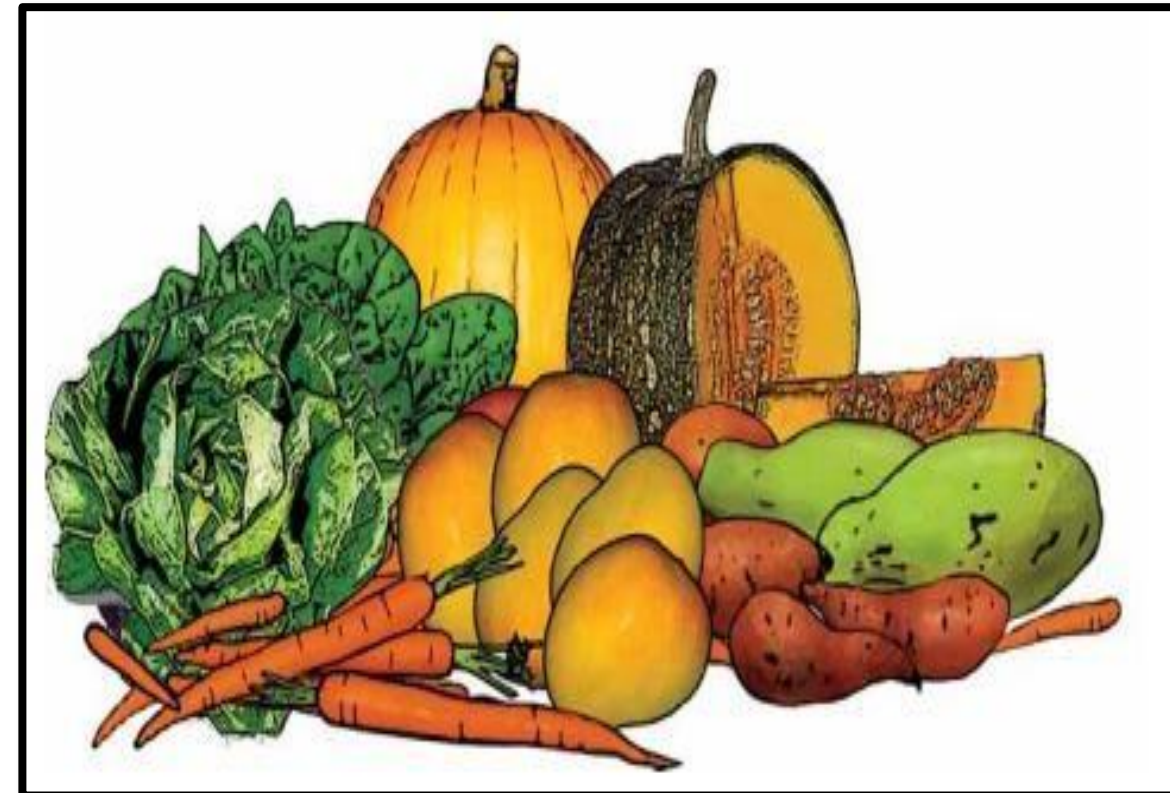
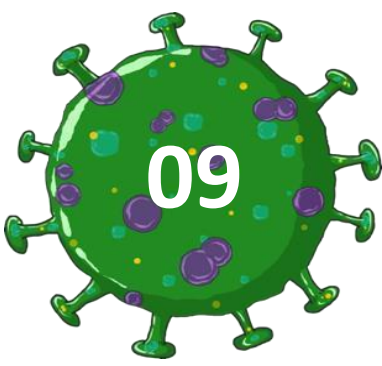
Key Messages



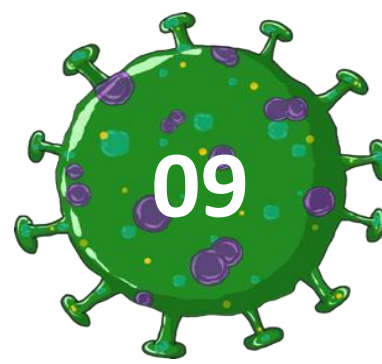
For optimal growth a child needs Energy, Protein and Micronutrients. This will only be possible if child receives variety of food items

- **Cereals** like rice, wheat, maize, bajra, ragi are common food items in our diet and are energy giving foods
- **Pulses** like red gram dal, green gram, bengal gram dal, beans, groundnuts, soyabean are good source of proteins and iron which helps in body building
- **Vegetables and fruits** are protective foods rich in Vitamins and Minerals prevents from infections
- **Animal origin** food items like egg, chicken, milk and milk products are good source of Proteins, Vitamin B12, Iron and Zinc
- **Fats and sugars** are also energy giving foods

5. Encourage children to eat food items good for Immunity

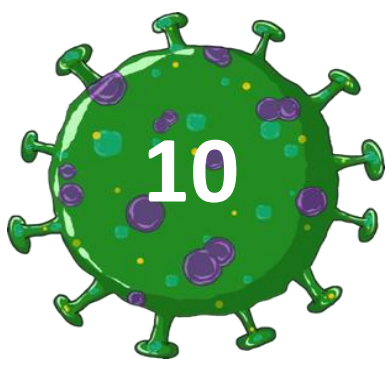


Key Messages



- Encourage children and family members to eat seasonal and locally available food items rich in Vitamin A, Vitamin C and Zinc that protect us from illnesses including infections like influenza, COVID-19.
- Seasonal fruits (banana, mango, papaya, guava, amla), yellow colored vegetables (carrots, pumpkin) & green leafy vegetables are good sources of Vitamin A and Vitamin C
- Animal origin foods like egg, fish, meat, milk and milk products are good sources of Zinc.

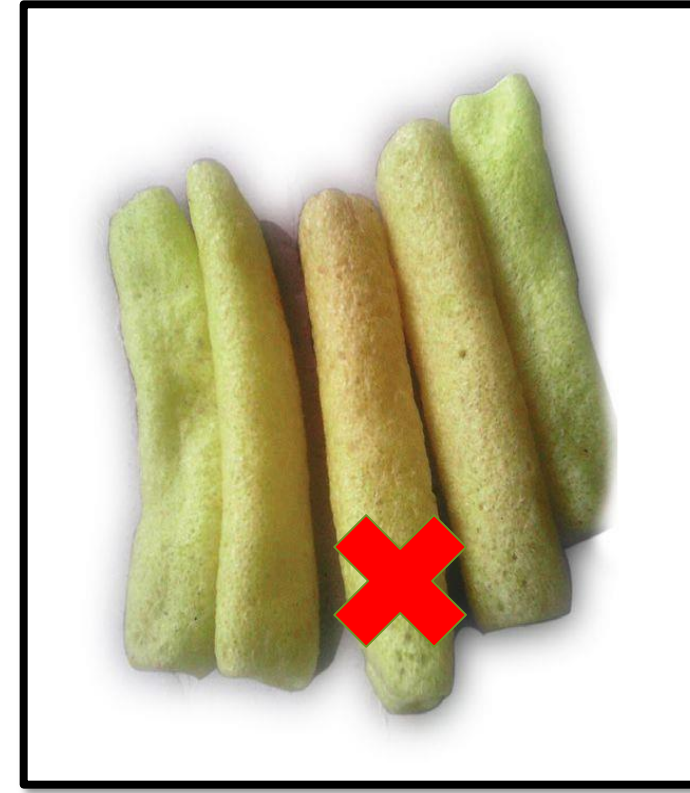
6. Avoid Junk Foods



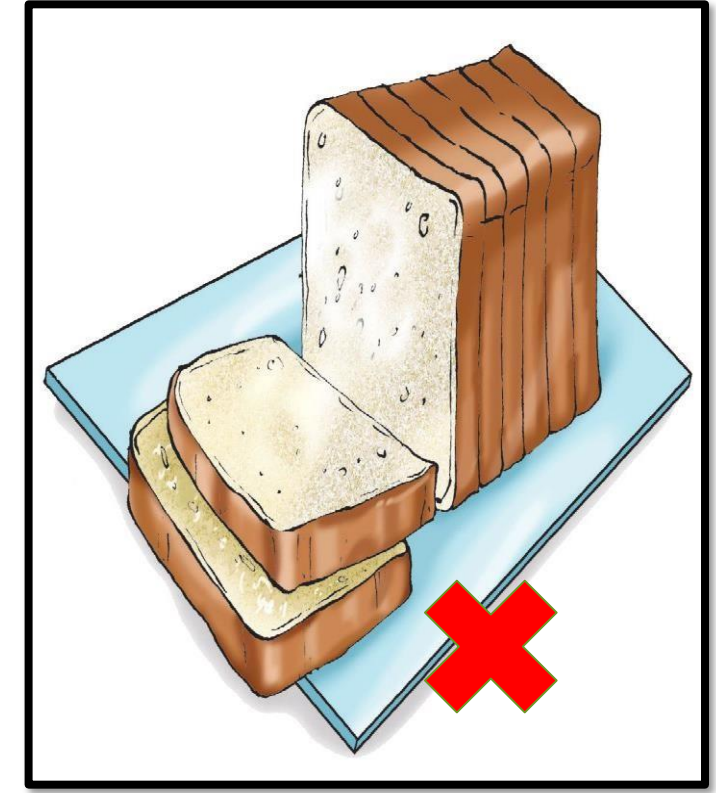
Chips



Noodles



Punga



Bread



Rusks



Cold drinks

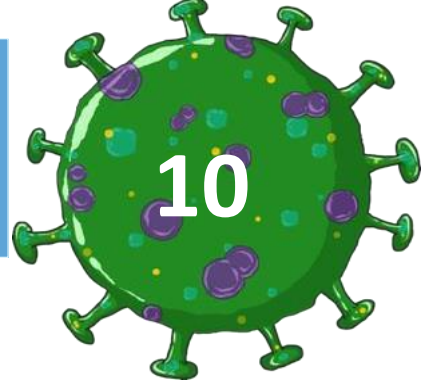


Sugary drinks



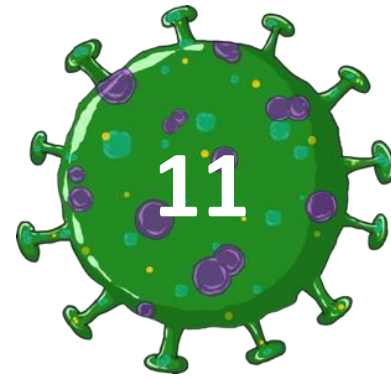
Crisps

Key Messages

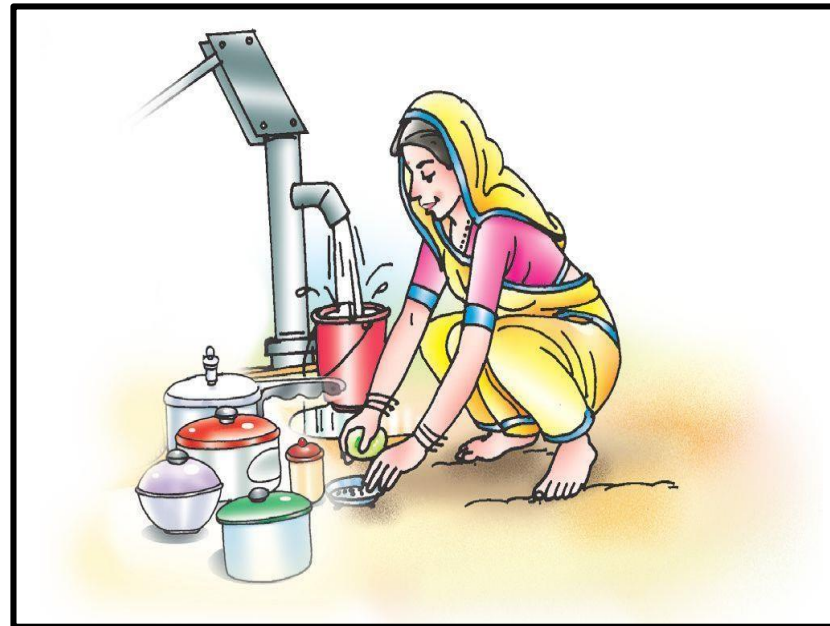


- Foods high in sugar, salt, and fat are not good as they cause obesity, hypertension and nutritional deficiencies
- Packed foods like juices, cold drinks, chocolates, chips, fried foods, crisp items (punga), sugary drinks, bakery products are harmful for children.

7. Ensure Food Safety



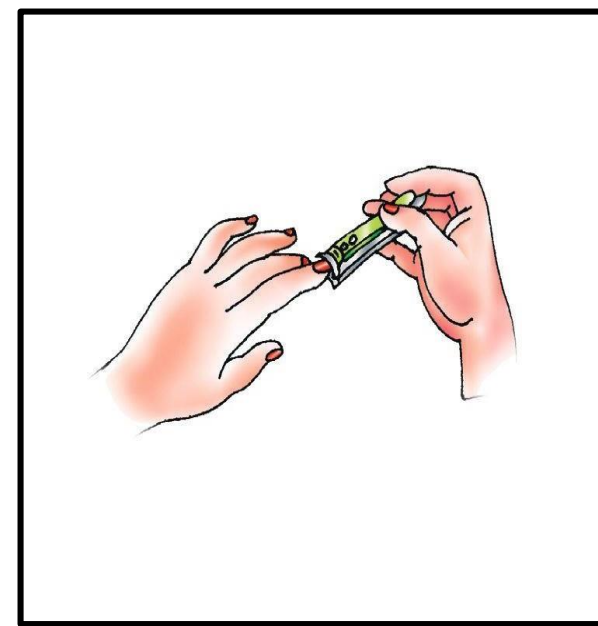
Wash utensils with soap and water before and after cooking and eating food



Hand washing with soap and clean water



Cut nails regularly



Clean surface and cook thoroughly

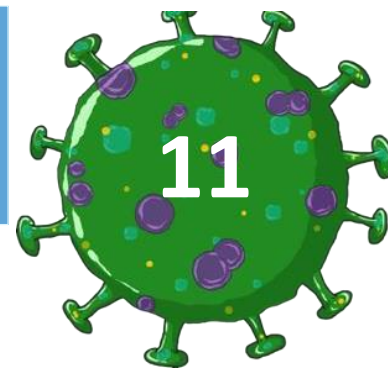


Before eating or feeding the child, wash hands with soap and clean water



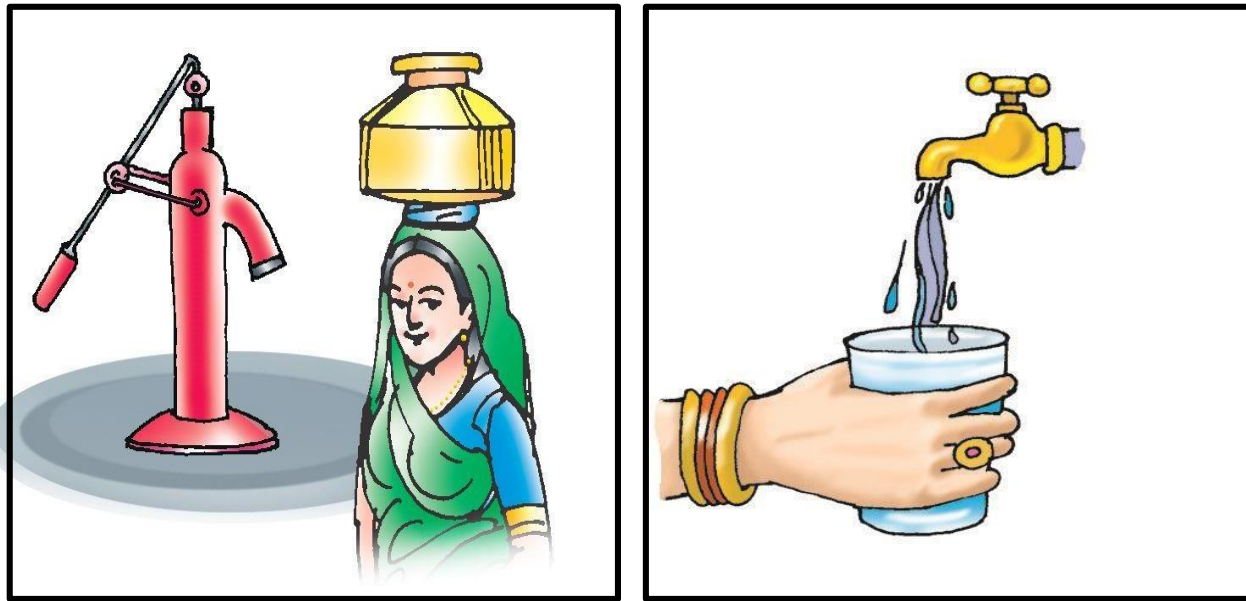
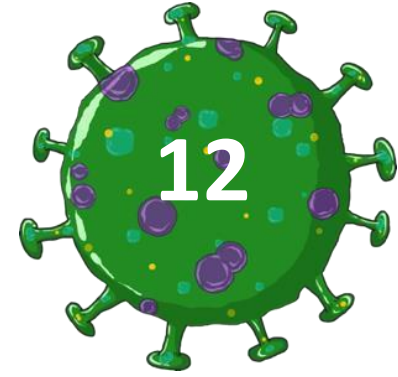
Keep food covered and eat fresh food

Key Messages

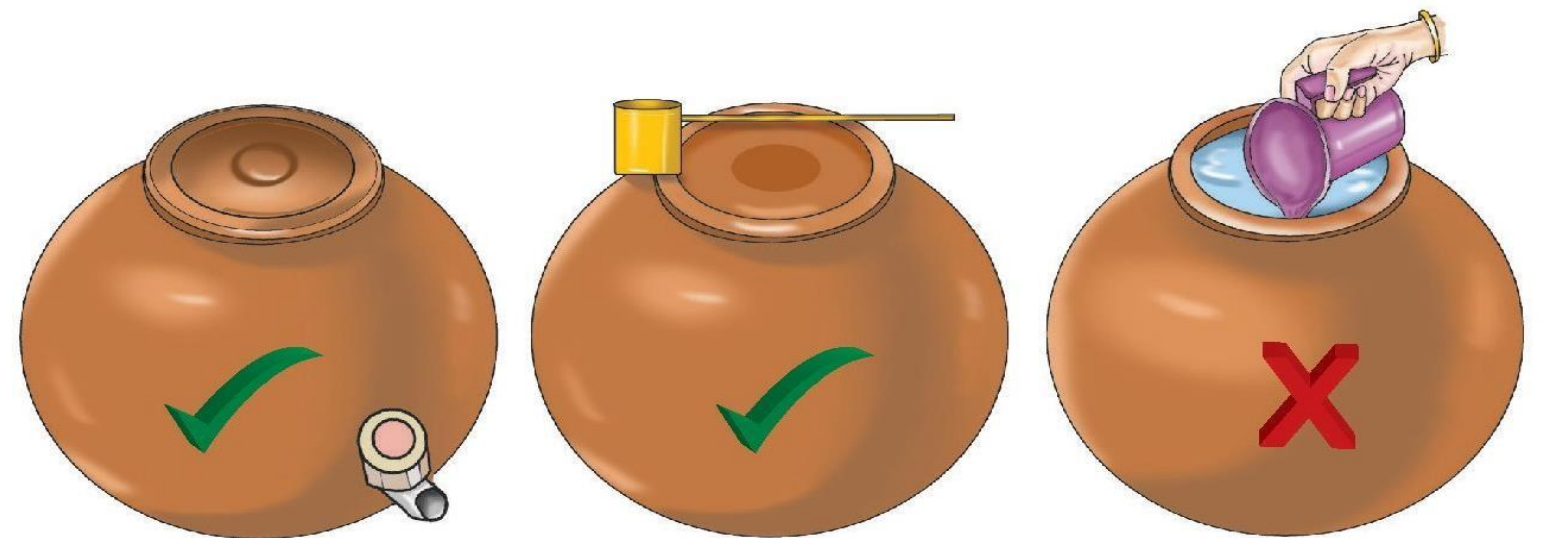
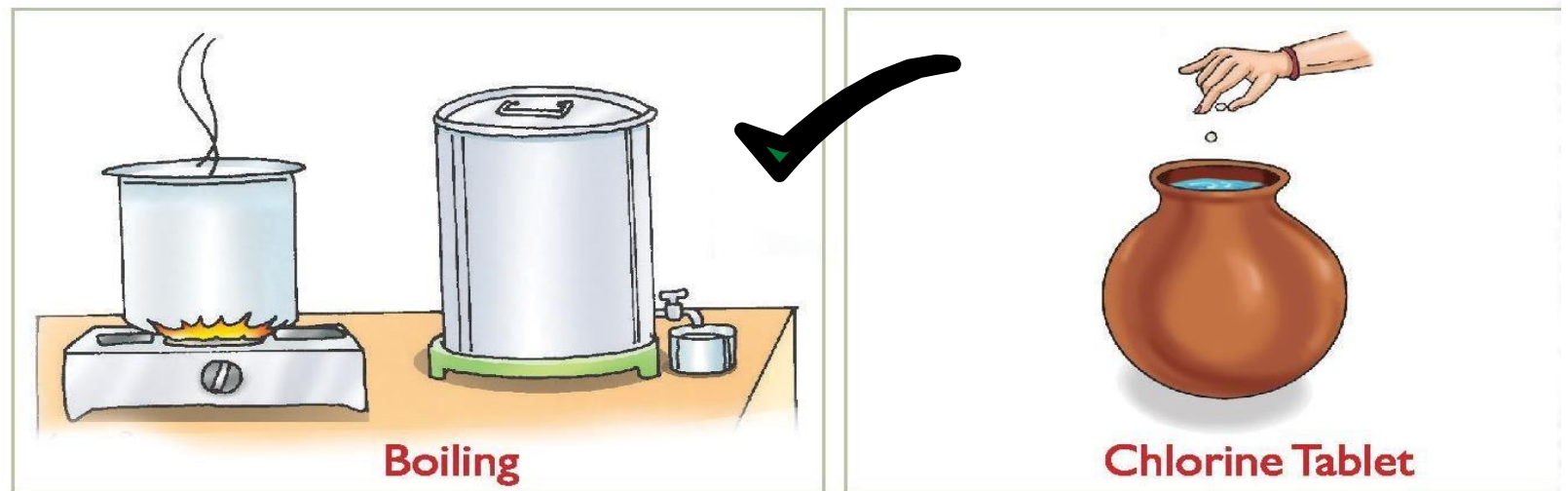
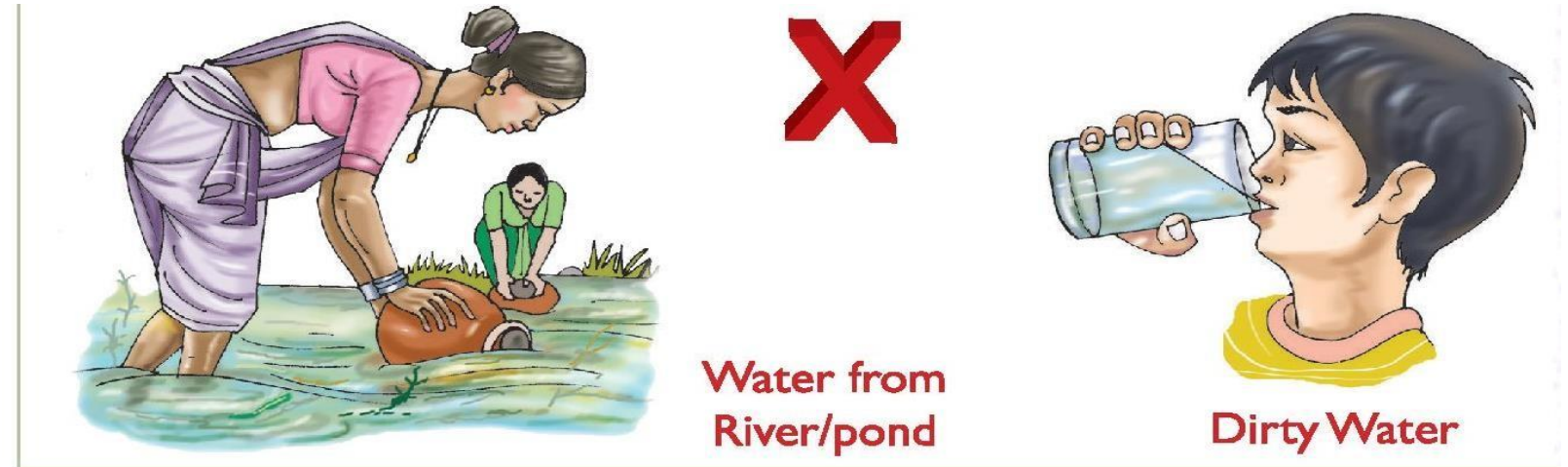


- Wash hands, before and after food preparation
- Keep your surroundings and cooking utensils clean
- Keep raw foods separate from other foods before cooking
- Wash and rinse fruits and vegetables well with clean water before cooking and eating them
- Cook food thoroughly to kill the germs
- Consume food within 2 hours of preparation.
- Keep food covered to protect from flies
- Wash your and child's hands with soap and water before feeding
- If you are recovering from illness, wear a mask or cover face with cloth when preparing and serving food

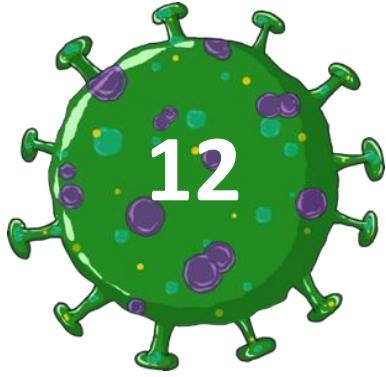
8. Ensure Safe Drinking Water



**Clean and Safe Storage
and
Drinking Water**

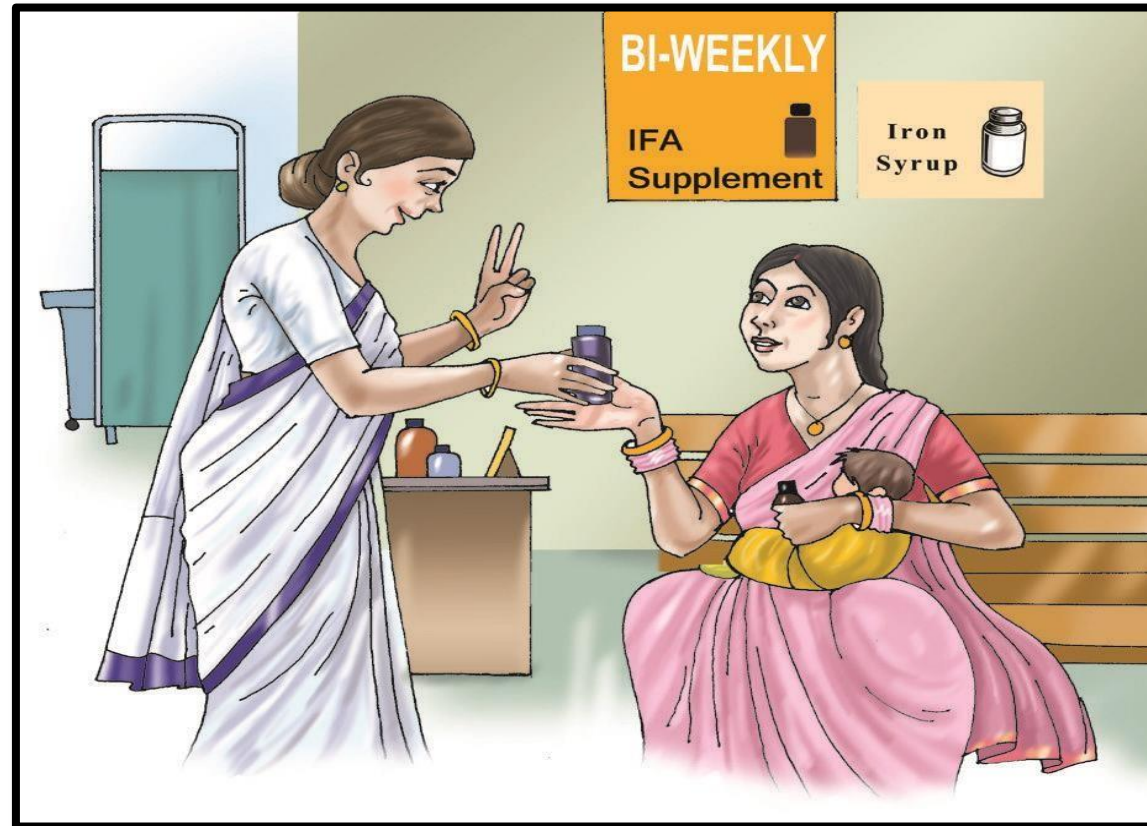
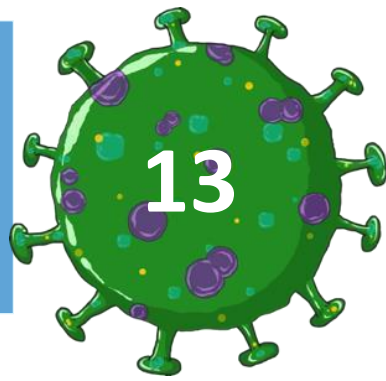


Key Messages

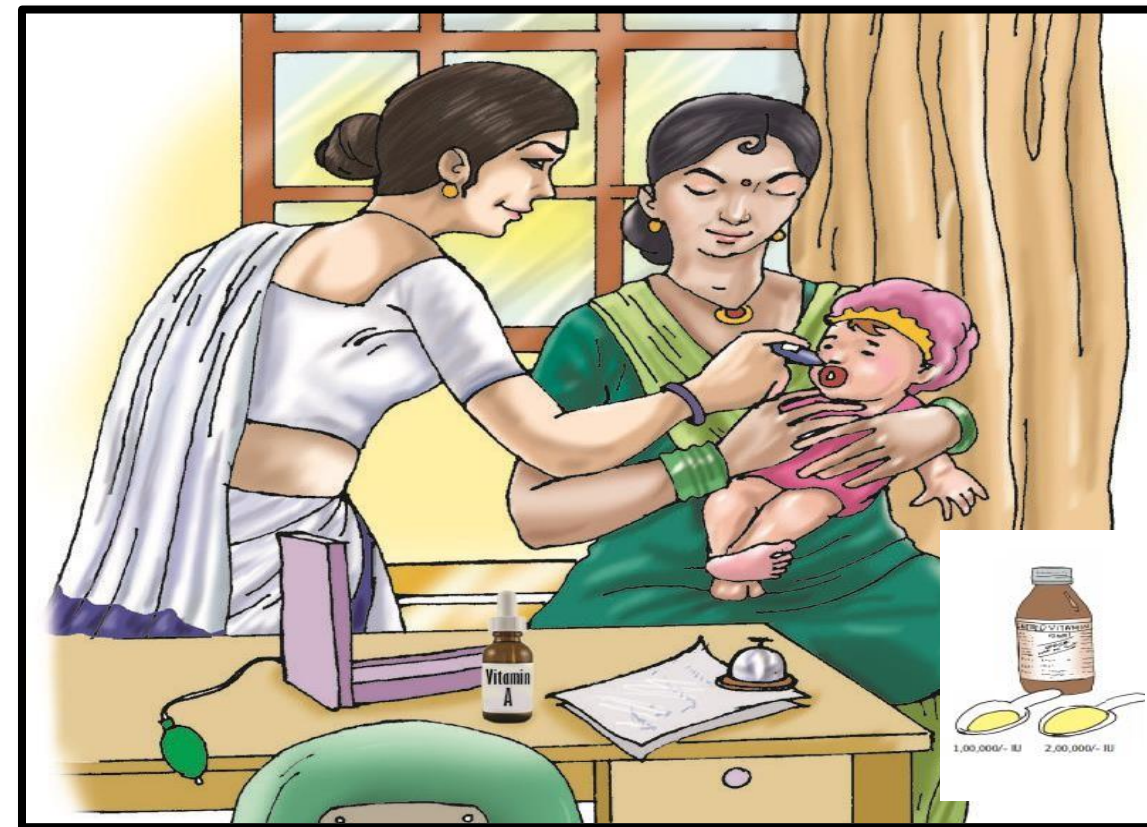


- Unsafe water may cause many diseases like jaundice, typhoid, cholera and diarrheal diseases
- Use safe drinking water like tap water/ purified water (boiling/chlorination)
- **Store water safely at home by:**
 - ✓ Carefully clean all pots, jugs with soap and water daily
 - ✓ Store water in a covered container
 - ✓ Wash hands before handling stored drinking water
 - ✓ Use long ladle cup or tap on the water container
 - ✓ Keep animals away from stored water

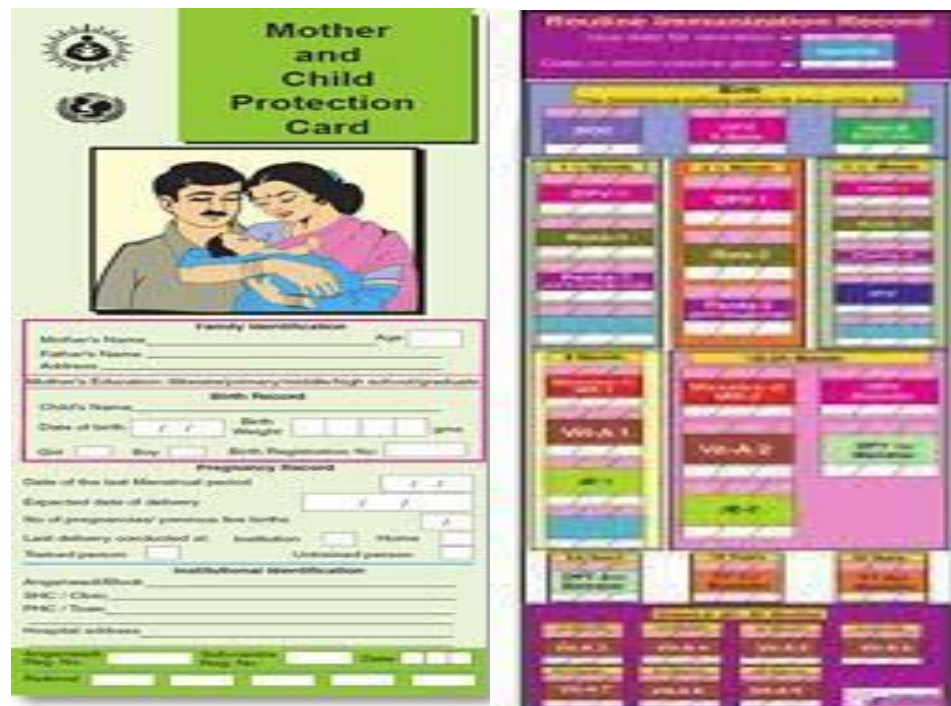
9. Ensure Timely Immunisation, Micronutrient Supplementation and Deworming



Iron and folic acid supplementation

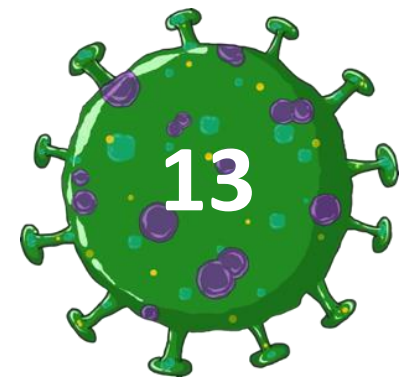


Vitamin A supplementation and Deworming



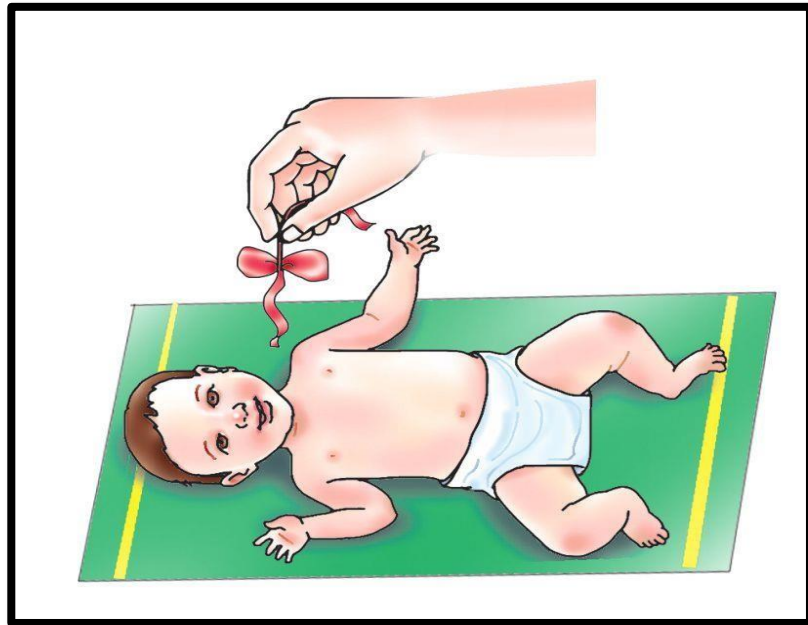
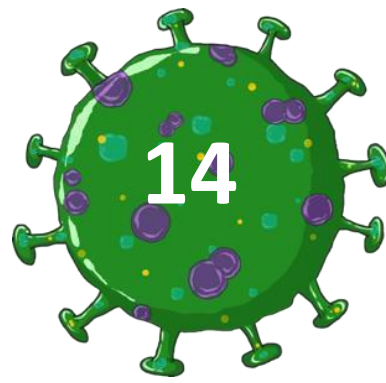
Timely Immunisation

Key Messages

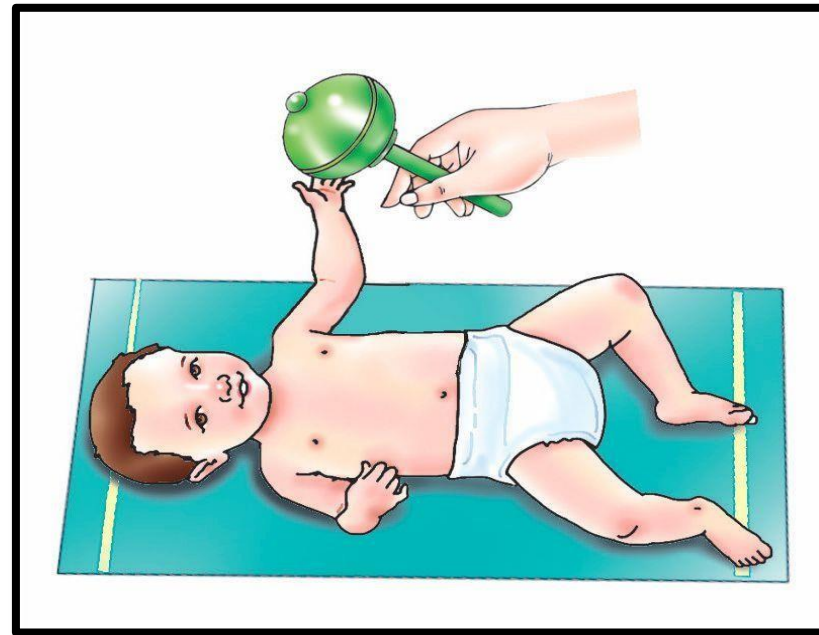


- **Timely immunization is important to** protect the child against some of the most deadly diseases of childhood like tuberculosis, polio, diphtheria, whooping cough, tetanus, hepatitis B, influenza, and measles etc
- Follow immunization schedule given in Mother and Child Protection (MCP) card
- Give recommended **Vitamin A doses** from the age of 9 months every 6 months till the age of 5 years (9 doses)
- **Iron and Folic Acid (IFA)** is essential for optimal growth of child's body and brain.
Give recommended bi-weekly IFA supplementation from 6 months onwards till the age of 5 years
- **Deworming:** After 1 year of age, children should also receive age appropriate deworming every 6 months

10. Play & Stimulate Children for Growth and Development



0-3 months
Track colored ribbon



3-6 months
Reach out for objects



6-12 months
**Peekaboo/Pick-up
objects/wave/Pull/Push toy**

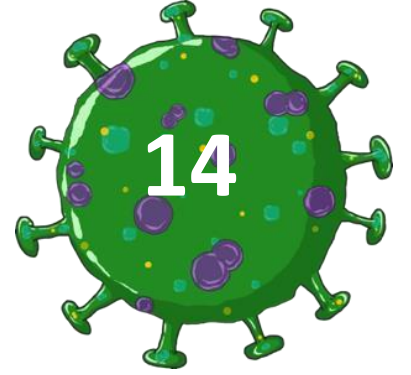


12-24 months
**Answer simple questions/
gather things/ Begin to walk**

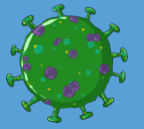
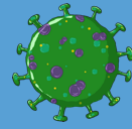
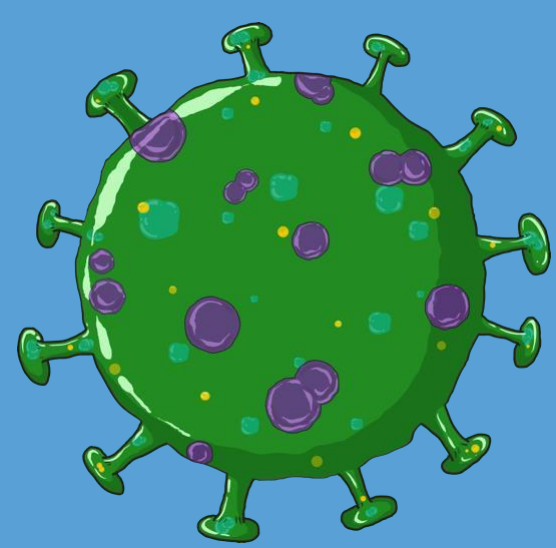


Play with children

Key Messages



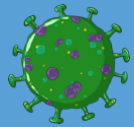
- Play and stimulation helps them to grow and develop
- Play helps children to learn about the world around them. It helps them to build up their language and develop their mind .
- Play daily and use age appropriate toys to stimulate the child.
- Encourage older children for physical activities and exercises .



Developed by

Centre of Excellence for Management of Severe Acute Malnutrition
(CoE-SAM) Network.

Supported by
UNICEF, India.



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Pediatric and Adolescent Nutrition Society (IAP Nutrition Chapter)

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