

## COVID Recovery – Tips to get better

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While you and your family are sheltering in during this pandemic, we want you to know we're here for you. We've come up with some tips to help you recover if you've gotten sick with Coronavirus (COVID-19). Common symptoms of COVID-19 include difficulty breathing, nausea, diarrhea, and weight loss. We want to help you make good choices and eat healthfully to get you back on your feet.

### Managing Your Symptoms

Making sure you're eating – and eating enough, is super important when getting over illnesses. Sometimes your symptoms can get in the way of that.

*For nausea:* try sipping on ginger tea or ginger lemonade, or peppermint tea to help settle your stomach.

*For diarrhea:* make sure you drink plenty of water and plain broths to replenish lost fluids. Yogurt and kefir can also help promote good bacteria in your gut.

*Shortness of breath:* Try cutting foods into smaller pieces so you can spend less time chewing and swallowing. Also try softer foods like tuna salad, or moistening a turkey sandwich with some guacamole, or hearty soups with beans.

*Reduced appetite:* Making sure you're eating enough is super important for your healing process. Even if you don't feel like eating, set a timer every 3-4 hours and try to eat something easy like guacamole or turkey and cheese roll-up.

### Eating Enough

How do you know if you're eating enough? Here are some examples of what serving sizes should look like. You should aim for half your plate to be filled with veggies and fruit at each meal. Focus more on vegetables, as fruits are high in sugar and can be inflammatory. A typical serving of meat (or protein) is about 3-4 oz, or the size of the palm of your hand. For more details, please view our narrated PowerPoint. The link is provided at the end of this newsletter.

#### **Serving Sizes Based on Your Hand:**



### Exercise Tips

Start exercise as soon as you're able to. It doesn't have to be a whole workout regimen, it can be as simple as going for a walk around the neighborhood, or jogging, doing arm circles, or walking up and down your stairs. Stretches, breathing exercises, and meditation are also recommended. Doing light household chores like dusting your shelves or vacuuming or mopping your kitchen floor could also be ways to incorporate some physical activity. You should consult with your doctor before starting any exercise regimen.



### Resources

During this pandemic, we understand that food may not be easily accessible to everyone. Check with your local school district, community centers and outreach programs to see if they're offering food assistance programs or more available resources. Some districts are offering free breakfast and lunch to children, and some food pantries and food banks are open and working to distribute food at this time. For access to the narrated PowerPoint on COVID recovery, as well as some additional healthy eating tips, follow the links below.