

IF YOU TEST POSITIVE FOR **COVID-19** HOME TREATMENT **DON'T**



- Don't panic. Keep calm
- Don't visit public areas. Don't use public transport
- Don't shake hands or hug. Use an alternative greeting maintaining 6-8 ft distance
- Don't touch your eyes, nose, mouth or face without washing your hands
- Don't share water, utensils, towels or bedding with family members
- Don't visit older relatives or community members. Discourage visitors
- Don't discontinue self-quarantine until instructed

RECOVERING FROM COVID-19 MAINTAIN A HEALTHY DIET

Good nutrition is very important before, during and after an infection. While no foods or dietary supplements can prevent COVID-19 infection, maintaining a healthy diet is an important part of supporting a strong immune system

PROTECTIVE FOODS

These are rich in vitamins and minerals that play a significant role in enhancing immunity.

Seasonal fruits and vegetables, rich in vitamins A, E and C, minerals (like zinc, copper, iron, etc) are known to influence immune responses



ENERGY-RICH FOODS

Cereals (wheat, rice, maize), fats/oils, sugars are a great source of carbohydrates that provide energy to the body

BODY-BUILDING FOODS

Pulses, animal foods, milk and milk products provide protein to the body

IMMUNITY BOOSTERS

Ayurvedic immunity-promoting measures:

- Herbal tea, or decoction (Kadha), golden milk
- Ginger & Garlic in cooking
- Drinking warm to normal water, keeping hydrated



RECOVERING FROM COVID-19

TIPS TO STAY HEALTHY

Divide your daily calorie intake into 5-6 small meals



Take fiber in diet, like whole grain cereals, grams & pulses, oats etc



Consume at least 4-5 servings of fresh fruits and vegetables daily



Make antioxidant-rich foods like almonds, walnuts, flax seeds part of your daily diet



Use olive, canola, rice bran, soy or mustard oil for cooking. Change oils every two months



Water intake should be at least 2 litres a day



Eat home-cooked food



Don't skip meals; eat at regular intervals



Limit salt, processed & preserved foods



Restrict alcohol, tobacco, smoking

POST-COVID

EXERCISE: WHY IS IT IMPORTANT?

Exercise is an important part of recovery after a severe COVID-19 illness as it can help to:



IMPROVE
FITNESS



REDUCE
BREATHLESSNESS



IMPROVE
ENERGY



INCREASE
CONFIDENCE



IMPROVE
THINKING



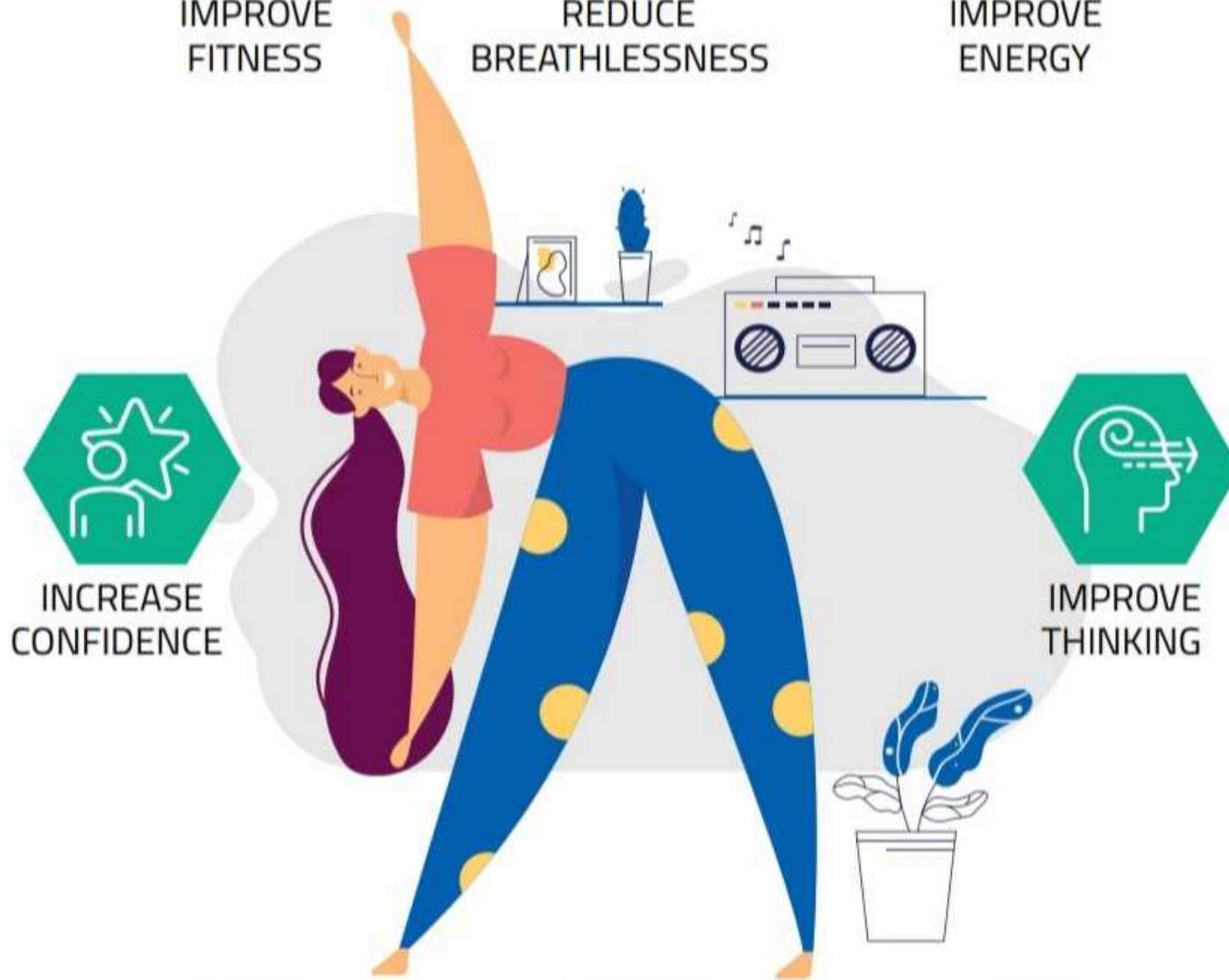
IMPROVE
BALANCE &
COORDINATION



INCREASE
MUSCLE
STRENGTH



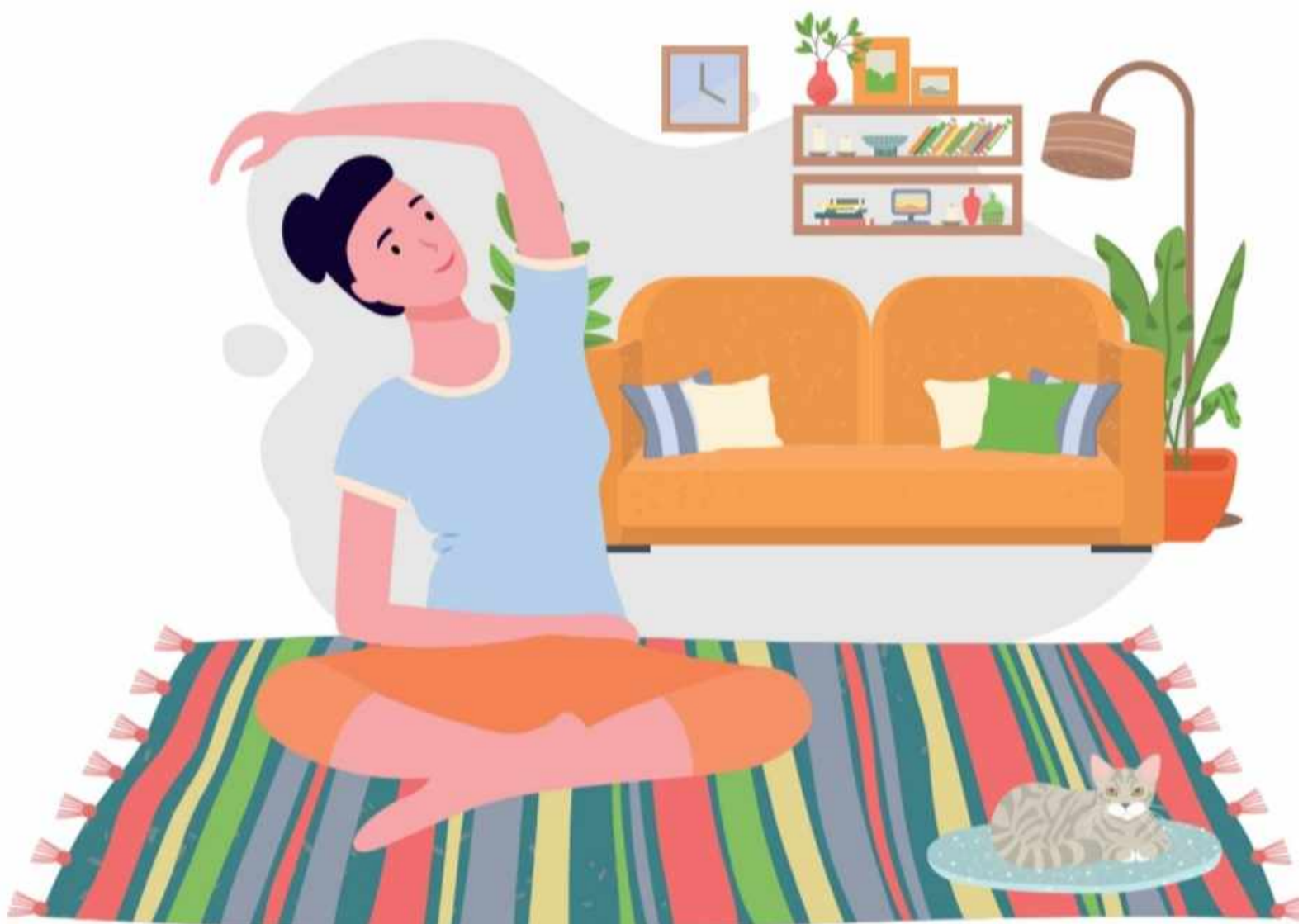
REDUCE
STRESS, IMPROVE
MOOD



POST-COVID

EXERCISE: RULES TO FOLLOW

- Always warm-up before exercising, and cool down after exercising
- Wear loose, comfortable clothing, supportive shoes
- Wait at least an hour after a meal before exercising
- Drink plenty of water
- Avoid exercising in very hot weather
- Exercise indoors in very cold weather



Don't exercise, or stop when you feel...

- Nausea or feeling sick
- Dizziness or light headedness
- Severe shortness of breath
- Increased pain
- Clamminess or sweating
- Chest tightness

POST-COVID

TYPE OF EXERCISES

WARM-UP EXERCISES



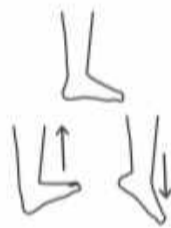
Shoulder shrugs



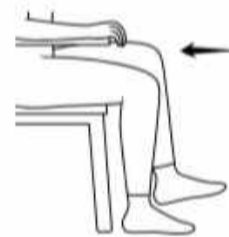
Side bends



Shoulder circles



Ankle taps



Knee lifts



Ankle circles

FITNESS EXERCISES

- Marching on the spot
- Step-ups
- Walking
- Jogging or cycling

STRENGTHENING EXERCISES

- Bicep curl
- Wall push-off
- Arm raises to the side
- Sit-to-Stand
- Knee straightening
- Squats

COOL-DOWN EXERCISES

Cool down exercises should last approximately 5 minutes, breathing should be back to normal by the end.

Walking at a slower pace or gently marching on the spot, for approximately 2 minutes. Repeat the warm-up exercises in sitting or standing positions



POST-COVID

TYPE OF EXERCISES

MUSCLE STRETCHES



Side stretch



Shoulder stretch



Back of thigh (Hamstring)



Lower leg (Calf)

BREATHING EXERCISES

- Diaphragmatic Breathing (Belly Breathing)
- Pranayama- Alternate Nostril Breathing
- Humming
- Self-Awake Proning

1 LYING ON YOUR BELLY

⌚ 30 minutes



2 LYING ON YOUR RIGHT SIDE

⌚ 30 minutes



3 SITTING UP

⌚ 30 minutes



4 LYING ON YOUR LEFT SIDE

⌚ 30 minutes



CHEST EXERCISES

Incentive Spirometry



- Put the mouthpiece in your mouth and close your lips tightly around it
- Inhale slowly and deeply through the mouthpiece to raise the indicator
- Remove the mouthpiece and hold your breath for at least 3 seconds
- Exhale normally

Balloon Exercise

Blowing balloons works out the intercostal muscles responsible for spreading & elevating the diaphragm and ribcage

POST-COVID

HOW TO EASE BREATHLESSNESS



High side lying
Lie on your side propped up by pillows, supporting your head and neck, with your knees slightly bent



Forward lean sitting
Sit at a table, lean forward with your head and neck resting on a pillow and your arms resting on the table



Forward lean sitting (no table)
Sit on a chair leaning forward, rest your arms on your lap



Forward lean standing
While standing, lean forwards onto a windowsill or other stable surface



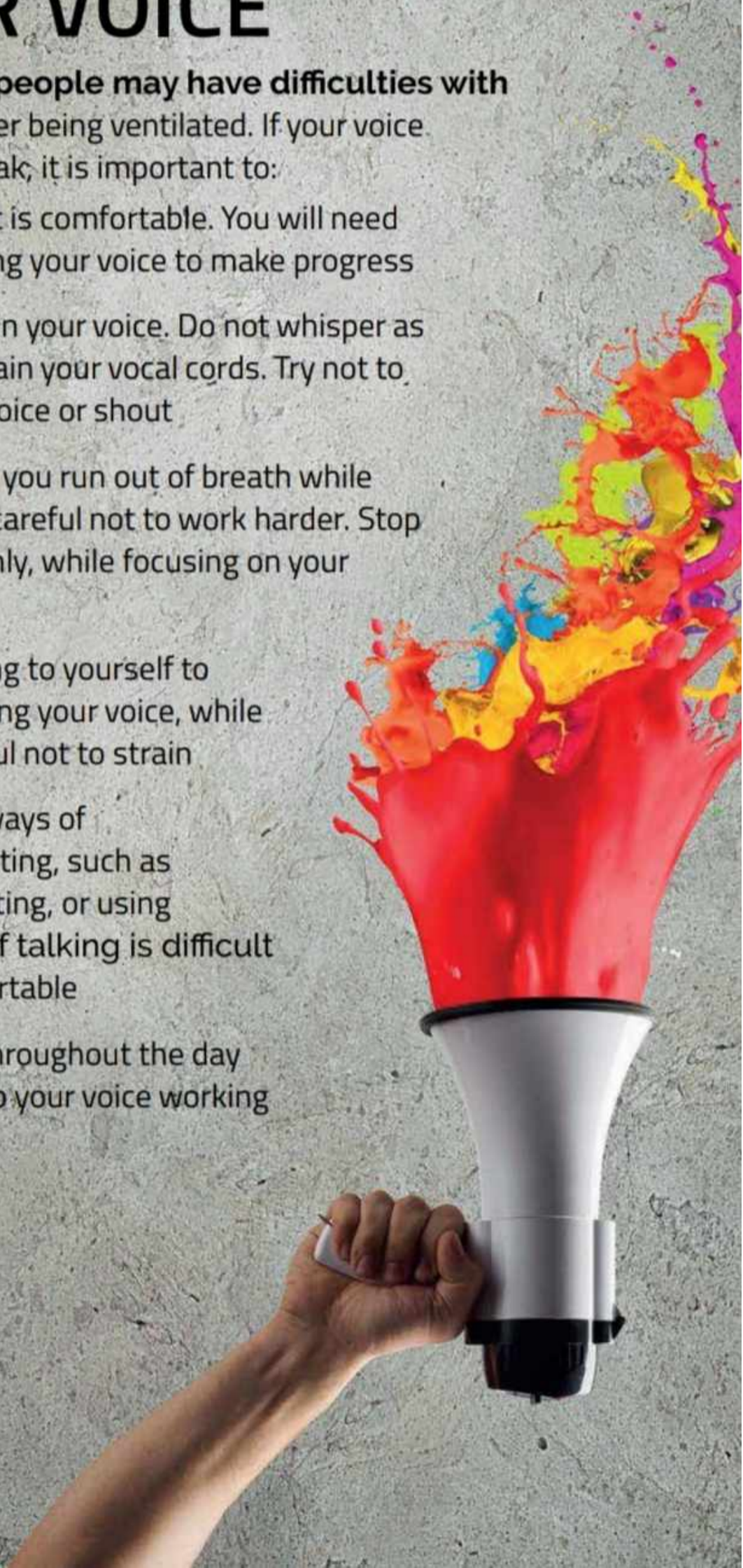
Standing with back support
Lean back against a wall. Keep your feet about a foot away from the wall & slightly apart

POST-COVID

MANAGING PROBLEMS WITH YOUR VOICE

Sometimes people may have difficulties with their voice after being ventilated. If your voice is raspy or weak, it is important to:

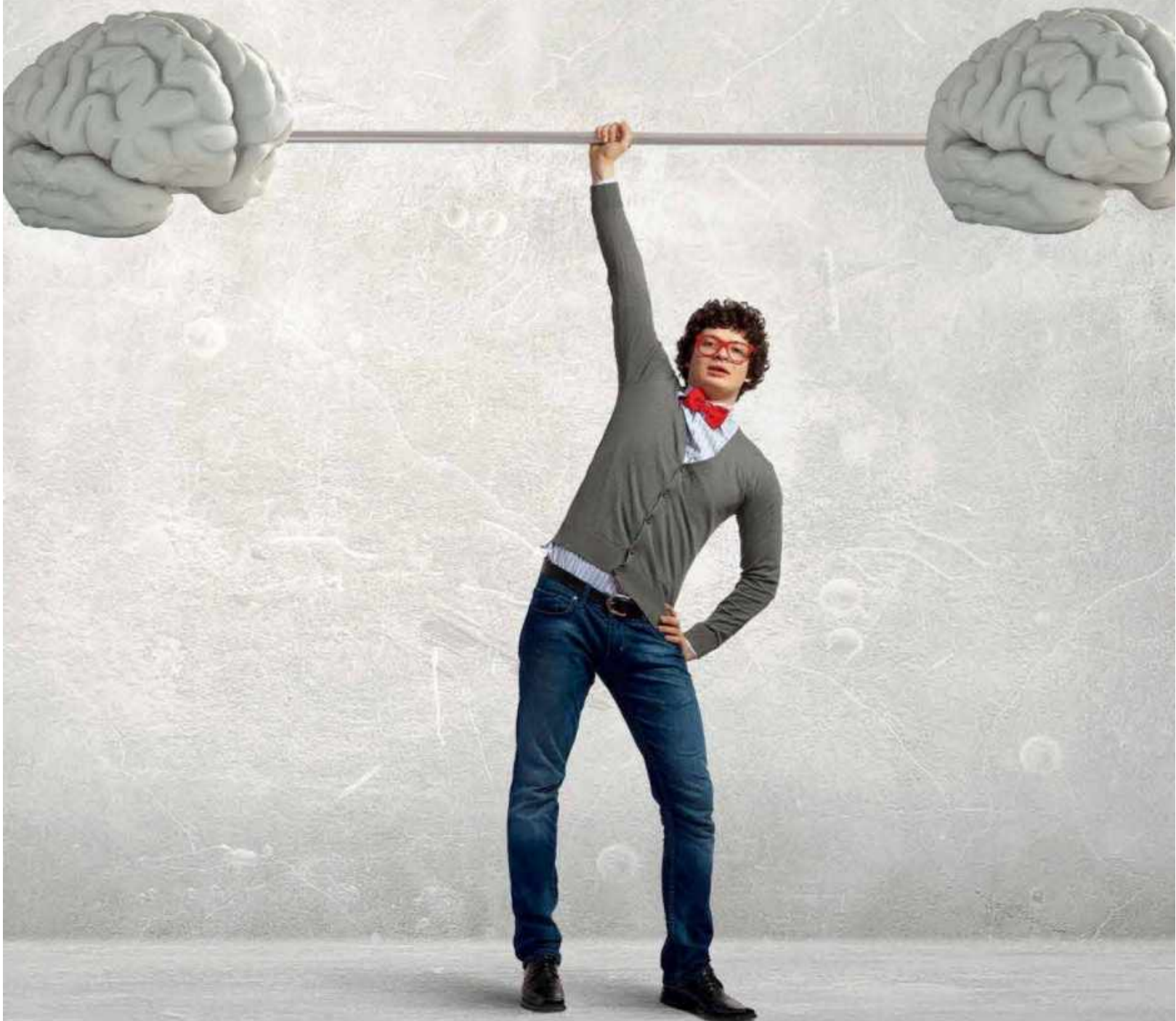
- Talk when it is comfortable. You will need to keep using your voice to make progress
- Do not strain your voice. Do not whisper as this can strain your vocal cords. Try not to raise your voice or shout
- Take rest. If you run out of breath while talking, be careful not to work harder. Stop and sit calmly, while focusing on your breathing
- Try humming to yourself to practice using your voice, while being careful not to strain
- Use other ways of communicating, such as writing, texting, or using gestures, if talking is difficult or uncomfortable
- Sip water throughout the day to help keep your voice working



POST-COVID

MANAGING PROBLEMS WITH **ATTENTION, MEMORY, & THINKING CLEARLY**

- Physical exercises to help the brain recover
- Brain exercises — start with exercises that challenge you but are achievable and increase the difficulty as you are able
- Prompt yourself with lists, notes, and alerts, that can remind you of things you need to do
- Break down activities into individual steps to avoid feeling overwhelmed



Sources:

Ministry of Health & Family Welfare Guidelines
WHO guidebook for Support for Rehabilitation Self-
Management after COVID-19- Related Illness
US- Centre for disease Control (CDC)