



Nutrition and Quarantine

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The unexpected appearance of Coronavirus disease (COVID-19) in Wuhan, China and its overall speedy transmission has made all of the humankind in the holds of a dangerous hands of pandemic, the last era of pandemic was observed with the Spanish Flu in 1918. Health care workers and general wellbeing authorities around the world, trying very hard to fight COVID-19 to spare lives and forestall further cases. Albeit some pharmacological investigations and even immunization preliminaries are in progress, the COVID-19 pandemic presents us with deficient information and stretches the restrictions of preeminent suppository [1].

As a result, COVID-19 takes us back to the recorded principles of prophylaxis suggested by old legends of medicine like Christoph Hufeland (1762 - 1836), Ignaz Semmelweis (1818 - 1865) and Rudolf Virchow (1821 - 1902). Therefore, today, forestalling COVID-19 is about hand washing, wearing facemasks, keeping

shielded from one another and isolate. It is enticing to guess that this COVID-19 contamination may likewise turn into an issue of clinical nourishment. This may identify with counteraction of the contamination, treatment of disease related hunger and perhaps the disease itself. Likewise, long-lasting isolation may add to unfortunate practices including undesirable eating practices and, in this way, may build the danger of non transmittable infections. There is, in any case, minimal hard proof of dietary and other partnered wellbeing approaches in helping COVID-19 treatment or its administration. We perceive that these will require some investment through more conventional examination structures. In this unique issue, we present a little assortment of papers that address a few perspectives identified with COVID-19 contamination [1].

Dietary recommendations disseminated during the coronavirus disease 2019 (COVID-19) pandemic [2]

Institution	Dietary recommendations	Supplementation/breastfeeding recommendations	Food hygiene recommendations
UNICEF (2020) [3]	<ul style="list-style-type: none"> Keep up foods grown from the ground consumption; Choose solid dried or canned options when new produce isn't accessible; Canned sleek fish is wealthy in protein, omega-3 unsaturated fats, and a scope of nutrients and minerals; Build up a load of sound tidbits; Limit exceptionally handled nourishments; Make cooking and eating fun and important 	<ul style="list-style-type: none"> Breast milk stays an ideal nourishment for newborn children and kids matured 6 to two years; Women with COVID-19 can keep on breastfeeding; If mother is too unwell to even think about breastfeeding due to COVID-19 contamination or different intricacies, she ought to get backing to securely furnish her infant with bosom milk in any capacity conceivable; Practice respiratory cleanliness during taking care of, wearing a cover when accessible; Wash hands when contacting the child; Routinely perfect and clean surfaces 	<ul style="list-style-type: none"> Any pointless bundling and deny must be expelled and set into a waste receptacle with cover; Packaging like cans can be wiped clean with a disinfectant before being opened or stored; Wash hands with soap and water for at least 20 seconds; or use an alcohol-based hand rub; Unpackaged produce, such as fruit and vegetables, should be washed thoroughly under running water
WHO (2020) [4,5]	<ul style="list-style-type: none"> Vitamins, minerals, dietary fiber, protein, and antioxidants can be obtained from a variety of fresh and unprocessed foods; Drink enough water; Avoid sugar, fat, and salt 	<ul style="list-style-type: none"> Women with COVID-19 can breastfeed; Practice respiratory hygiene during feeding, wearing a mask when available; Wash hands before and after touching the baby; Routinely clean and disinfect frequently used surfaces 	NA

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