



## Follow-Up for Coping with Covid is as Important as Immunity Boosting- A Short Survey in Uttar Pradesh

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### Abstract

Coronavirus disease 2019 (COVID-19) has caused disturbance and fear in everyone's life. The importance of immunity booster is important but after this sudden pandemic occurrence it is very important to normalize routine step by step. Adequate intake of micro and macro nutrients, slow and steady physical exercise and adequate fluid-intake will gradually boost immunization. The purpose of this article is to provide guidance as how to take easy steps to normalize the life and routine after COVID-19.

**Keywords:** Covid-19; Immunity Booster; Physical Exercise; Dietary Changes

### Introduction

Covid-19 has caused disruption in livelihood of entire world. It has not only affected health but also economy exponentially. Coronavirus disease is an infectious disease caused by a newly discovered coronavirus whose protein has matched with one of the types of SARS disease.

Most individuals infected with this virus experiences mild to moderate respiratory illness and recovers without requiring special treatment. Older people and patients with co-morbid conditions like CVS, diabetes, chronic respiratory disease and cancer are more likely to develop serious debilitating condition.

The best way to prevent and slow down transmission is to be well informed about the covid-19 virus, the disease it causes and how it spreads [1]. If you have just recovered from covid-19 or re-

turned home from the hospital, you have already won the war. The major battle has been overcome but one has to be readied for winning minor battles in order to achieve normal routine [2].

A survey was done of approximately 100 patients who were admitted in Saraswathi Institute of Medical Sciences, Hapur as covid-19 positive and Performa were asked to be duly filled by patients after one month and 3 months of discharge exclusively from Uttar Pradesh. The Performa consisted of following questionnaire:

1. Low energy levels and fatigue.
2. Difficulty in breathing/chest congestion/cough.
3. Loss of appetite.
4. Anxiety and fear.
5. Diet Modification as advised during isolation, after discharge and follow up.



to 45% after a month and 30% after 3 months of follow up. They were advised to keep tabs on their fluid and calorie intake while easing into their fitness patterns. They were advised to introduce ayurvedic kada, spirulina and omega 3 fatty acid as regular regime for gradual recovery [6].

**Fear and anxiety**

Social distancing and isolation has further added to increased levels of stress and suicidal tendencies in adults as well as in children. Therefore, it is very important to keep a check on the mental status of an individual [7]. Out of 100 patients who participated in the survey almost all were suffering from increased stress levels and fear of inability to recover from this disease. Regular sessions with doctor, good sleep and eating healthy has led to significant decrease in levels of fear and anxiety thereby leading to speedy mental recovery [8].

**Diet modification**

Diet modification has led to positive effects on effective recovery against covid-19 [9]. Introduction of balanced diet with immunity boosters in the form of spirulina, omega 3 fatty acids and increase intake of fluids have led to speedy recovery among patients after discharge [10].

It is recommended to get advice of your physician and team of specialists who helped you during covid -19 to formulate an effective dietary and exercise plan to effectively cope up with ill effects of covid-19.

**Conflict of Interest**

Authors have no conflict of interest among them.

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Nutrition recommendations during COVID-19 pandemic	
Individual	<ul style="list-style-type: none"> <li>• Try to eat well-balanced meals, avoid irregular snacking</li> <li>• Choose foods rich in vitamins A, C, E, B6 and B12, zinc, and iron such as citrus fruits, dark green leafy vegetables, nuts, and dairy products.</li> <li>• Maintain a healthy lifestyle of exercise (home-exercises), regular sleep and meditation</li> <li>• Avoid smoking, alcohol, and drugs</li> <li>• Refrain from spreading misinformation related to nutrition and dietary intake and the COVID-19</li> </ul>
Community	<ul style="list-style-type: none"> <li>• Spread awareness regarding the devastating consequences of hoarding and panic-buy</li> <li>• Identify and support populations at risk of malnutrition within the community, especially elderly and patients with chronic diseases</li> <li>• Create a structured and reliable support system to ensure availability, access, and affordability of essential food commodities to all members of the community</li> </ul>
National	<ul style="list-style-type: none"> <li>• Define, finance and distribute a food basket of a least-cost diet that addresses the health needs of the population, ensures the use of the local agricultural produce of the country, and minimizes reliance on food imports</li> <li>• Mobilize resources in order to finance food purchases and provisions</li> <li>• Waive taxation for staple foods and commodities</li> <li>• Support agricultural and food production industries.</li> <li>• Closely monitor and inspect food prices and markets.</li> <li>• Build networks with the private sector, the international agencies, and local communities</li> <li>• Maintain high levels of transparency, critical to build trust, support, and compliance</li> </ul>
Global	<ul style="list-style-type: none"> <li>• Assure continuous flow of global trade, avoiding any trade restrictions would be beneficial to keep food and feed supplies, as well as those of agricultural inputs, from worsening local conditions already strained by COVID-19 response measures</li> <li>• Reduce import tariffs and other restrictions on food commodities</li> </ul>

Figure 3

**Conclusion**

Follow up is as important as immunity boosting in coping up with the symptoms of covid -19 for speedy and effective recovery.

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