What to do at home with COVID-19: Nutrition & Hydration

Quick Facts

- 88% of patients infected with COVID-19 can manage their symptoms at home.
- Symptoms include: fever, cough, shortness of breath, fatigue, and loss of appetite. For more information, visit: www.cdc.gov or www.gwhospital.com.

Stay hydrated and eat well!

- Remember, if you have a fever, you need more fluids and calories than normal.
- You may not feel hungry, but it is important to continue to eat so you don’t lose your muscles.
- Even if you don’t feel thirsty, remember to drink fluids so that you don’t get dehydrated.

Nutritional Needs with COVID-19

Fluid:

- Drink 2-4 ounces of fluid every 15 minutes.
- Try sport drinks, juice, protein shakes, water, or ginger ale.

Protein:

- Focus on intake of protein-rich foods such as peanut or other nut butters, milk, eggs, cheese, yogurt, chicken, fish, turkey, or protein shakes.

Calories:

- Do not restrict calories at this time. No “dieting”!
- Increase intake of “good” fats such as those found in olive oil, avocados, and oils found in fish.

What if you really don’t want to eat?

- Try store-bought protein shakes (such as Ensure, Boost, or Premiere Protein) or make a homemade smoothie with protein powder, milk, and fruit.
- Liquid calories are easier to consume and are digested faster so you won’t feel full for too long.
- Try to eat small meals more often (i.e. 6 snacks per day).

Food is medicine when you are ill.