

How to stay fit and healthy during the Coronavirus Outbreak



Hounslow and Richmond
Community Healthcare
NHS Trust

Ensure to maintain a healthy and balanced diet; try to choose a variety of different foods from the 5 main food groups to get a wide range of nutrients. (Also see the Eatwell Guide on the next page)

- Everyday, eat at least 5 portions of a variety of fruit and vegetables
- Have high fibre meals based on starchy foods like potatoes, bread, rice or pasta
- Include some dairy or dairy alternatives (such as soya drinks)
- Eat protein-based foods such as beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads; eat them in small amounts
- Ensure to drink plenty of fluids (at least 6 to 8 glasses a day)
- Cut down on sugar, saturated fat and salt

NHS guidelines suggest: do some light exercise, if you feel well enough to.

You are allowed one form of exercise a day outside, or at the park, for example a run, walk, or cycle – alone or with members of your household.

If your household is outside at a park, ensure to keep 2 metres apart from others at all times.

Different types of exercise you can try at home or outside:

- Yoga
- Workout videos (see youtube)
- Dance
- Joe Wicks; P.E at home (see youtube)
- 10 mins workout on NHS website
- 10 mins of brisk walking
- Using a workout app

Can eating garlic help prevent infection with the new coronavirus?

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus (2019-nCoV)

Can eating garlic help prevent infection with the new coronavirus?

World Health Organization #2019nCoV

Are there any specific medicines to prevent or treat the new coronavirus?

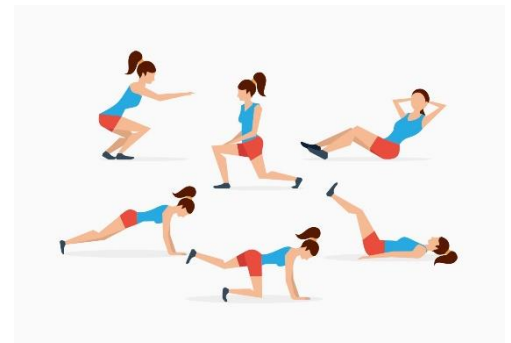
To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

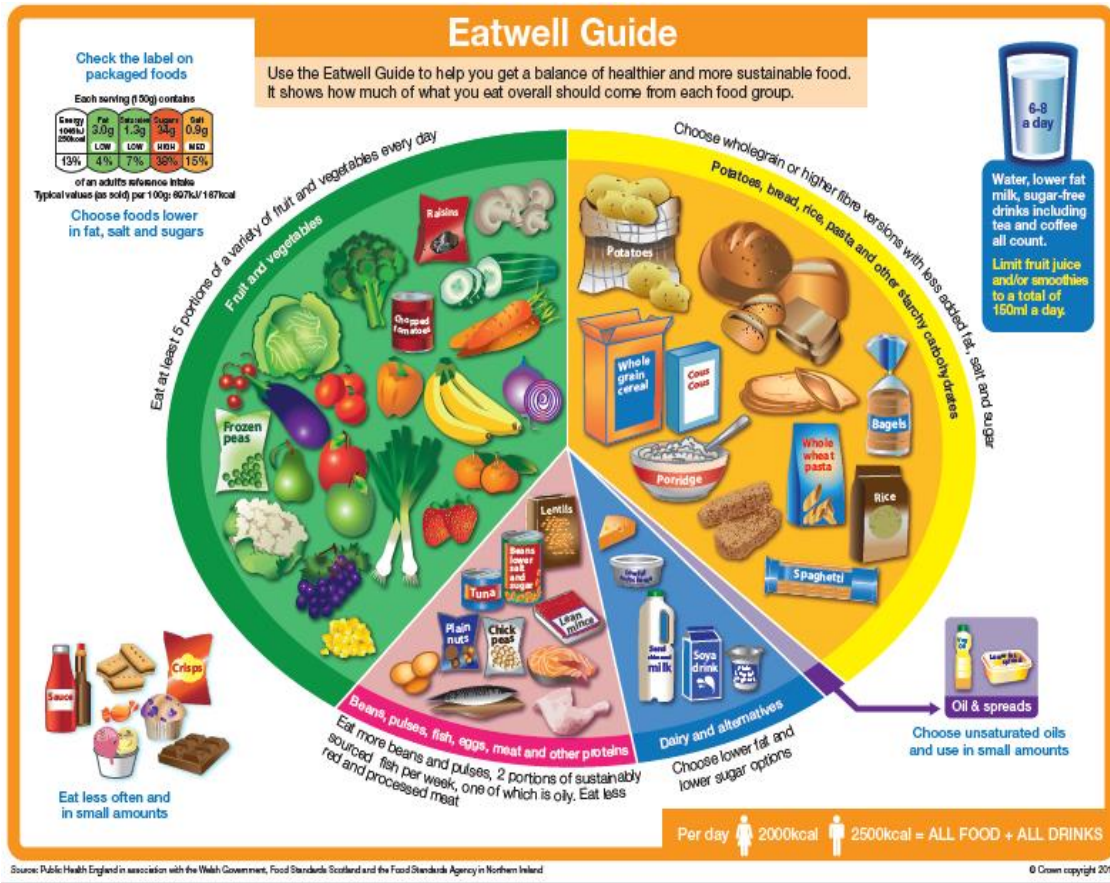
However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials. WHO is helping to accelerate research and development efforts with a range of partners.

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV). However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials. WHO is helping to accelerate research and development efforts with a range of partners.

Are there any specific medicines to prevent or treat the new coronavirus?

World Health Organization #Coronavirus





Some Apps to help with health, fitness and healthy eating:

ACTIVE 10

Add more regular bursts of brisk walking to your daily routine with activity tracking, encouragement and achievable milestones.

EASY MEALS

More than 150 delicious, easy, healthier recipes just a tap away. Search by mealtime and save shopping lists for later.

STUDENT HEALTH APP

Access more than 900 pages of reliable, regularly updated health information created for university students by NHS doctors.

Reference and websites:

- <https://www.oneyouhounslow.org/>
- <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- <https://www.gov.uk/coronavirus>
- <https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/>
- <https://www.who.int/health-topics/coronavirus>