

Total Confirmed
883,225

Confirmed Cases by Country/Region/Sovereignty

89,753	US
05,792	Italy
02,136	Spain
2,361	China
3,217	Germany
2,836	France
7,593	Iran
9,841	United Kingdom
7,137	Switzerland
3,964	Belgium
3,696	Netherlands
3,531	Turkey
0,482	Austria



Cumulative Confirmed Cases | Active Cases

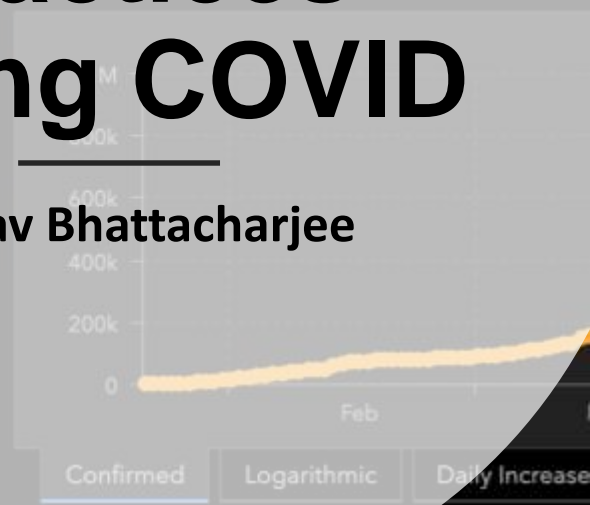
Total Deaths

44,156	Total
12,428	Italy
9,053	Spain
3,523	France
3,193	Hubei China
3,036	Iran
1,173	Iran

185	Total
76,403	China
22,647	Spain
16,100	Germany
15,729	Italy
15,473	Iran
9,522	France
7,141	US

Nutrition practices during COVID

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180
countries/regions

Lancet Inf Dis Article: [Here](#). Mobile Version: [Here](#). Visualization: [JHU CSSE](#). Automation Support: [Esri Living Atlas team](#) and [JHU APL](#). Contact [US](#). [FAQ](#).
Data sources: [WHO](#), [CDC](#), [ECDC](#), [NHC](#), [DXY](#), [1point3acres](#), [Worldometers.info](#), [BNO](#), state and national government health departments, and local media reports. Read more in this [blog](#).

COVID-19 and Pregnancy

- Pregnant women at higher risk for COVID-19 compared to general population: *No evidence at present*
- Precautions for prevention of COVID-19 to be ensured and reporting symptoms (fever, cough, difficulty breathing etc.) to health care provider
- Nutrition recommendations for pregnant women remain unchanged even during COVID-19

Nutrition recommendations in pregnancy

- Eat at least three main meals, with one nutritious snack (in first trimester) and two nutritious snacks in the second and third trimester
- Each meal must comprise one item from energy giving, body building and protective foods
- Continue daily dose of micronutrient supplements (iron and calcium)
- Check status and seek appropriate advice for low/high gestational weight gain and severe anemia during antenatal visit
- Staying hydrated (8-10 glasses of water and fluids daily)
- Take rest for 2 hours in the day and sleep for 8 hours at night
- Do at least 20-25 minutes of physical activity everyday
- Intake of caffeine, alcohol, tobacco and other addictive substances should be restricted. They are harmful for the baby and also negatively influence immunity

Fear and anxiety in pregnancy – Role of nutrition

- Pregnancy: state of physiological and psychological stress
- Fear and anxiety caused: Body's state and COVID-19 outbreak
- Some nutrients to be consumed: fetal brain development, optimal levels of neurotransmitters (role in mood, anxiety and sleep, energy levels and appetite)

Food Groups	Food items
Omega 3 fatty acids	Fish or marine sources, flaxseeds, walnuts
Folic acid	Fish, rajma, soyabean, spinach, field beans, mustard leaves, beetroot and mango ripe
Vitamin B12	Milk, egg, chicken, salmon
Vitamin B6	Rohu fish, sunflower seeds, drumstick leaves, walnut, black gram whole, banana, lentil whole, French beans

COVID-19 and IYCF

CONTINUE BREASTFEEDING DURING COVID-19



- Breastfeeding **protects newborns from getting sick**
- Breastfeeding helps to protect newborns **throughout their infancy and childhood**
- Breastfeeding is particularly effective against infectious diseases as it **strengthens the immune system of a child by directly transferring antibodies from the mother**

CONTINUE BREASTFEEDING WITH PRECAUTIONS TO PROTECT FROM INFECTIONS!



If breastfeeding mother has symptoms like fever, cough or difficulty in breathing she should:



Seek **early medical care**



Follow instructions of the healthcare provider



Use a mask when near the child



Wash hands for **40 seconds with soap and water** before and after contact with the child including feeding



Routinely clean/disinfect any surface she has touched by cleaning with soap or alcohol based sanitizer

If mother is too ill to breastfeed, she can express her milk in a properly cleaned container and feed it to the child with a clean cup or spoon

Before expressing milk



Wash hands for 40 seconds with soap and water



Wash the cup or container for expressed milk with soap and water properly

While feeding expressed milk



Wear a mask



Feed expressed milk with a **properly cleaned cup or spoon**



If mother is too sick to breastfeed or express breastmilk, she should explore the possibility of:

- **Relactation:**
(restarting breastfeeding after a gap)
- **Wet nursing:** (another woman breastfeeding or caring for your child)
- **Using donor human milk.**
(if available)

If the infant or young child becomes sick with suspected, probable, or confirmed COVID-19 or any other illness, mothers should continue breastfeeding

Complementary feeding

- Caregivers should start complementary foods along with breast milk on completion of 6 months. At this age, a baby's rapid growth of body and brain requires more energy and nutrients than what breast milk alone can provide. Delay in introduction of complementary foods affects the child's physical and brain growth and increases the risk of malnutrition. Feed the child a variety of foods such as pulses, milk and milk products, yellow, orange and green vegetables and fruits to support the child's physical growth and brain development.
- Children have a small stomach, therefore make every bite of food count.
- Due to lock down, if access to fresh produce is difficult, identify healthy food options to replace fresh produce, limit highly processed foods that are typically high in saturated fat, free sugars and salt, and avoid sugary drinks.
- Wash hands with soap and water before cooking, feeding and eating.
- Also wash child's hands with soap and water before feeding.
- Feed the child from a separate bowl. Use a properly cleaned bowl and spoon to feed the child.
- Feed children usual amount of foods and fluids more often during illness

COVID and Management of SAM

- Intensify the public awareness, protection, promotion and support of appropriate and safe feeding for all breastfed and non-breastfed children and use all opportunities to include hygiene messages, key messages on COVID-19 symptoms, and Infection, Prevention and Control (IPC) measures
- Children who are identified as severe acute malnourished requiring facility-based care (illness or related complications) to be referred to the nutrition rehabilitation centers using health referral facilities
- At the NRCs children to be provided the required care services observing hygiene protocols and physical distancing (1 mt) norms/ avoid overcrowding
- Any child who is currently undergoing treatment at the NRC should not be discharged back to the community without getting cured; similarly, any child who has been cured should be discharged back to the community using health transport facilities
- Subsequent follow-ups may be conducted over phone; physical visits should be discouraged as far as possible

COVID and
General
nutrition 1:
Maintain food
hygiene while
purchasing,
cooking and
storing food

Food Hygiene Tips

- Wash unpackaged produce, such as fruit and vegetables, and packets of consumables like milk, curd etc. thoroughly under running water
- Wash your hands thoroughly with soap and water for at least 20 seconds before preparing any food
- Use separate chopping boards for uncooked meat and fish
- Always cook food to the recommended temperature
- Where possible, keep perishable items refrigerated or frozen, and pay attention to product expiry dates. Always take out only the required portions of food items especially vegetables/meat/fish etc. from the fridge

General
nutrition 1....
Maintain food
hygiene while
purchasing,
cooking and
storing food

Food Hygiene Tips

- Aim to recycle or dispose off food waste and packaging in an appropriate and sanitary manner, avoiding build-up of refuse which could attract pests. Try to dispose the waste in closed dustbins
- Wash your hands with soap and water for at least 20 seconds before eating, cooking and handling food. Make sure your food handlers do the same
- Always use clean utensils and plates
- Inspect the store bought ready-to-eat or canned foods for any visible spoilage after opening the can/ packet. Please do not use if there is any visible spoilage/ foul smell/ color change/ swollen packets or cans

General nutrition 2: Maintain food hygiene while purchasing, cooking and storing food

Food Purchasing Tips

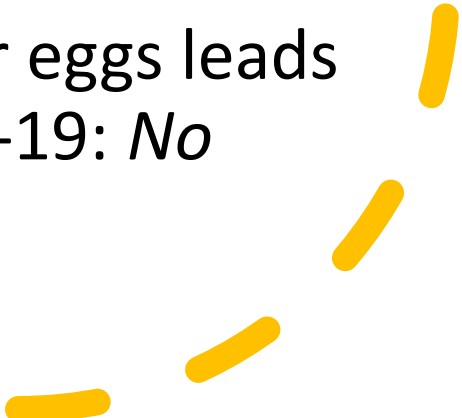
- For buying groceries, it is better to have a designated person in the family. Make the required list of groceries (after discussion with other family members) beforehand
- Buy groceries for at least one week to limit the number of visits to the store/ market
- Elderly and pregnant/lactating mothers and children should avoid going out
- Maintain a physical distance of at least 1 m (3 feet) from others while buying groceries in the market
- Buy foods that are non-perishable such as cereals, pulses, canned or frozen foods and dehydrated vegetables, and semi perishables such as onions, potatoes, yam, *arvi*, cabbage, carrots, small whole pumpkins, *parval*, etc
- Avoid buying tempting foods like chocolates, chips, ice cream and other foods high in fat, salt and sugar

General nutrition 2.... Maintain food hygiene while purchasing, cooking and storing food

Food Purchasing Tips

- Keep a separate set of slippers/shoes to go out
- Wash your hands with soap for at least 20 seconds as soon as you return home from market
- Do not touch your face while you are in the market
- Wash the shopping bag thoroughly with disinfectant and clean water after shopping and dry in sun
- Check the date of expiry of the product and visible damage (dent/ leak/ rust/ bulge/ flatten than usual size) of the pack before buying. Avoid buying items which have crossed the date of expiry or best before date or are damaged in any way. If food is spoiled or looks doubtful, it is best to throw away immediately and wash the container thoroughly

General
nutrition 3:
No COVID-19
transmission
from food or
food
packaging

- Transmission of COVID-19 from food or food packaging: *No evidence*
 - Infection possible if touching surface/object contaminated with virus and then touching face
 - Higher risk: close contact with other people while food shopping or receiving a food delivery
 - Consumption of meat, chicken or eggs leads to higher risk of acquiring COVID-19: *No evidence*
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General nutrition 4: Immunity boosters

- No food can be designated as a super food to prevent or cure COVID-19 in pregnancy
- Several foods rich in antioxidant nutrients (Vitamin C, Vitamin E and Vitamin A), Iron, Zinc and Selenium and omega 3 and omega 6 fatty acids boost immunity

Food Groups	Food items
Dark green leafy vegetables	Amaranth leaves, fenugreek leaves spinach etc.
Vitamin C rich foods	Lemon, amaranth leaves, orange, melon etc.
Yellow-orange fruits & vegetables	Carrot, papaya, mango, orange, lemon etc.
Nuts	Almonds, walnuts, coconut (dry), gingelly seeds, safflower seeds, sunflower seeds, pumpkin seeds, flaxseeds, chia seeds, poppy seeds, niger seeds, mustard seeds etc.)
Millets	Bajra, ragi, jowar etc.
Whole pulses and legumes	Bengal gram (whole), horse gram (whole), green gram (whole), rajma, soyabean etc.
Egg & Non-Veg	Meats, chicken, fish and egg
Milk and milk products	Curd, paneer
Omega 3 & Omega 6 fatty acids rich oil	Safflower oil, sunflower oil, corn oil, soybean oil etc.
Herbs, spices and condiments	Garlic, ginger, black pepper, turmeric, cloves, basil

COVID and Village Health Sanitation and Nutrition day

Village Health Sanitation and Nutrition days (VHSND) will be conducted every Tuesday and Friday as per health microplans. It must however be ensured that the community is informed beforehand to come to the Anganwadi Centre in a staggered manner to avoid overcrowding and observing physical distancing. During the VHSND, necessary checkups and counselling of pregnant women, weighment of underweight children, referrals will take place

- Growth monitoring activities will help the workers identify the most vulnerable children (SUW, SAM). However, after every use of weighing scales, thermometers etc. such equipment shall be adequately sanitized
- The beneficiary coming for the session, must clean hands with soap and water and observe necessary physical distancing
- Beneficiaries with fever, cold, cough and flu like symptoms should be persuaded not to come to the session and to remain indoors with requisite precautions