

SUPPORT THE IMMUNE SYSTEM WITH PROPER NUTRITION

There are times when it's essential to support your patients' immune systems. Proper nutrition plays a vital role by providing key nutrients to support your patients' immune health.

ANTIOXIDANTS

Vitamins C & E to help protect immune system cells

PROTEIN

Essential macronutrient for the creation of antibodies and immune system cells



ZINC

Needed for production of new immune system cells

VITAMINS A & D

Help regulate immune system function

ADDITIONAL MEASURES TO SUPPORT IMMUNE HEALTH AT YOUR FACILITY*



Make sure that sinks are well-stocked with soap and paper towels for handwashing



Put alcohol-based (60-95%) hand sanitizer in every resident room



Reinforce sick leave policies. Remind HCPs not to report to work when ill



Make tissues and face masks available to protect against coughing and sneezing



Make sure that EPA-registered, hospital-grade disinfectants are available to allow for frequent cleaning of high-touch surfaces and shared resident care equipment



ORAL NUTRITION SHAKES HAVE NUTRIENTS THAT CAN HELP SUPPORT THE IMMUNE HEALTH OF YOUR PATIENTS

Sometimes it's hard for patients to get enough of all the immune system supporting nutrients they need from diet alone. Drinking oral nutrition shakes is a convenient way to help supplement their diets. Encourage patients to look for shakes that contain the key nutrients protein, vitamin A, antioxidants, zinc and vitamin D.

* Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/index.html> Accessed 18 March 20