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.