

# Carer's guide

## Carer's Kit

The following is what you'll find in your kit:

- masks            one for each visit
- ponchos        one per day (read below in Rules)
- gloves          one per visit or day
- iso-log         please fill to track days, meals and symptoms - this is for a doctor should urgent care be required

## Rules

- If they have two negative tests, 24 hours apart before day 11, isolation ends
- If they are still positive on the morning of day 11, isolation ends **but they are required to wear a mask at all times when not eating until they test negative twice 24 hours apart.**
- no face-to-face visitation, anything needed is left outside of their room.
- wear a mask for each door visit as the virus is airborne and is likely to be present outside of the door for hours after it was last opened, this is non-negotiable
- recommended to wear a supplied poncho to avoid the virus attaching itself to your clothing where it can survive for up to two weeks. All it takes is an accidental brushing against exposed clothes to transfer the virus to your hands
- wear gloves when handling anything that's left their room for pickup, such as rubbish, this is non-negotiable
- food and drinks should be supplied using the disposable plates / bowls / cups, they were bought for this reason so do not make them wasted money; they reduce the need for dishwashing and handling infected items. Serve them and throw them.

**Remember to try and rest as much as possible, listen to your body and how fatigued you are.**

# Important symptoms

They need to go to Urgent Care if they have any of the following symptoms:

- Temperature is very high or very low
- Shortness of breath
- Prolonged confusion
- Feeling like they might pass out
- Oxygen reading of 90 or lower of a 2 minute period - **this is an emergency**

If you go to Urgent Care - refer to the To-Do tasks sheet, it has a quick section on this situation

# Feeding them

Before we start, it should be noted that each cooking session is a good time to:

- place your phone and watch on charge as well as there are chargers in the Kitchen
- Give them a call / text after to let them know their food has been delivered and to ask about the symptoms they've experienced since you last spoke - you can add these to your iso-log.

Aim to give them the same three meals daily, the ingredients for these are prepared in the freezer to

- make your life easier
- ensure they're getting good quality foods that will help them recover
- and not foods that will promote inflammation (chocolate, sugar, frozen food etc.)
- make it easier to shop and restock

It doesn't matter how they feel about eating the same thing every day, it's only for a short period and it's for the above reason.

Each frozen meal has a **batch number** relating to when they were made and frozen. Every week, two meals have been added to the total amount to ensure they do not expire at the same time should they reach their expiry date and need to be replaced.

The batch numbers and their expiration dates can be found on the cupboard's wall where the Carer kits are located - this will tell you which batches to start with as they are the soonest to expire. Behind this batch document, you'll find a spreadsheet breakdown of the various nutrients and minerals in the three suggested meals in case you're curious why the quantities were chosen. **This tells you how to make up new portions if you run out.**

Here are the meals...

## Breakfast

1. (from the appropriate freezer drawer) Take out a breakfast container (a one with fruits)
2. Grab a saucepan and measure out around 50g of oatmeal
3. Pour around  $\frac{3}{4}$  of a glass of water
4. Boil for 4 minutes on the stove
5. Throw the container in
6. Serve

## Lunch

1. (from the same freezer drawer) Take out a lunch container (the red, saucy one) (double-check the expiry)
2. Throw one in a pan and heat it back up - **do not mix two containers together**, they must be cooked in separate pans as the eaters need equal portions
3. Serve

## Dinner

### Prep

1. Peel two large sweet potatoes
2. Stick in one of the enamel dishes (the blue and white bowl things)
3. Quickly rinse the potato-full tray with cold water and drain using cutting board to cover most of the dish so they don't fall into the sink
4. Take some salmon from the freezer (same drawer as where the frozen lunches are) and wrap loosely into some foil
5. Stick the foil-wrapped salmon on a small tray
6. Place the dish and tray in the oven - 200 degrees / 2nd to last symbol

### All in

7. Take a screenshot of your phone by pressing the top volume and power button at the same time
8. Set a 30 minute timer

### Once the timer goes off

9. Serve all together with a glass of milk
10. Delete the screenshot from your Photos

*Reminder - you can double check how long the food has been on for, especially if your timer failed to alert you, if you look in your Photos and observe the time at the top of the screenshotted image you took (it will appear above the image)*

## If you must give some variation for whatever reason - Foods to avoid

- Processed package foods (e.g. crisps) - known to cause inflammation, interfering with the healing process; adds burden to immune system
- Fried food - adds burden to and helps suppress the immune system, negatively impacts gut microbiome, increases risk of cardiovascular disease
- Red meat - its saturated fat promotes inflammation
- Sugar / Diet alternatives (e.g. chocolate bars, cokes) - promotes inflammation highly
- (ideally) store-bought bread, use the home-made as it acts like a weaker sugar
- (optional) Spiciness - can irritate throat, making coughing worse

More information can be found at <https://www.healthline.com/nutrition/what-to-eat-with-covid>

## Kristian's diet

Ideally he'll be eating the below and not the three as he needs 2k+ calories daily - however almost everything he eats is pre-prepared so it's not much different.

His meals are:

1. (his cupboard) small container of Oatmeal + (fridge) one green apple on a side plate with a knife for him to cut himself
  - a. Oatmeal needs  $\frac{3}{4}$  glass of cold water
  - b. Oatmeal is cooked for 4 mins, don't need to stir
2. (his cupboard) large container of Spaghetti + (fridge) foiled tray
  - a. Foiled tray in oven for 20 mins - 200 degrees / 2nd to last symbol clockwise
  - b. Pasta for 11 mins, whilst chicken stays on (for a total of just over 30 mins)
3. Oatmeal again, no apple
4. Pasta again, but this time the Penne (same instructions)
5. Sweet potatoes
  - a. peel two large sweet potatoes
  - b. stick in a tray like foil-covered chicken
  - c. quickly rinse the potato-full tray with cold water and drain using cutting board to cover most of the tray so they don't fall into the sink
  - d. tray in the oven for 30 mins - 200 degrees / 2nd to last symbol again as before

If the containers run out, you'll find a measuring device in his cupboard where they containers reside. Here are the quantities to use for the remaining day he's in isolation:

- Oatmeal - 60g
- Chicken - 150g
- Spaghetti - 150g
- Penne - 100g

You'll find supplies in the pantry - he has part of a shelf which can be clearly seen as they contain Oatmeal and pasta.

## Notes

- Vitamin D
  - *“the virus binds to ACE2 at the beginning of an infection ...however vitamin D interacts with the ACE2 receptors, potentially preventing the virus from binding to them, and reduces complications associated with [the virus] ...vitamin D may also play a protective role and support healing of damaged tissues, primarily in the lungs”.<sup>2</sup>*
- Vitamin A
  - *“[seems that vitamin A] protects against the ACE2 receptors, similarly to vitamin D, and may work on several other molecular targets [additionally]...some people may develop vitamin A deficiency during infections [such as the virus] and this may actually increase the severity of the disease”.<sup>3</sup>*
- “Prof Calder says a traditional Mediterranean-style diet, which is rich in plant foods, is ideal for recovering from Covid-19. It contains all the nutrients your body needs after taking a “hammering” from the infection. “This means a diet with plenty of fruits, vegetables, berries, nuts, seeds and pulses, and also some oily fish and healthy oils is ideal ...Meat is a good source of protein, but plants are excellent too. Quinoa, pulses (beans, lentils, and peas), tofu, nuts are all good sources. If you are vegetarian or vegan, combining different protein-rich plant foods is the best way to ensure you get all the amino acids you need. This kind of varied, fibre-rich diet also supports a diverse range of good gut bacteria, and a healthy gut lining, both of which play a significant role in regulating the immune system”<sup>1</sup>
- “...it’s beneficial to reintroduce food gradually after a period of eating little or nothing at all so as not to overwhelm the gut. “Do it gently,” he says. “Softer foods are easier for the gut to handle. Restoring the gut is going to be reasonably quick, but it might take a few days, as patients get back to eating more.”<sup>1</sup>