

IMPAct4Nutrition COVID-19 Resources

Guidance to Companies on COVID-19 Preparedness and Mitigation



For any feedback or additional resources please contact:

Debbie Paul, debpaul@impact4nutrition.in

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Latest updates at: <https://twitter.com/IMPAct4Poshan> ; <https://business.facebook.com/impact4nutrition> ;
<https://www.linkedin.com/company/impact4nutrition-i4n-platform/> ; <https://www.instagram.com/impact4nutrition/>

Introduction

“Health is core to a thriving, productive society, whereas fear and illness can stifle production, consumption, recreation, travel, and overall well-being.”¹ This statement rings so true in these times of dealing with the COVID-19 crisis. It is paramount now more than ever that in order to maintain productivity, we need to maintain immunity which, in turn is dependent on adequate nutritional intakes.

Immunity implies the ability of the body to resist an infection. The immune system comprises various organs like the lymph nodes, spleen and various cells and blood-borne factors like white blood cells, antibodies, etc that all work together through complex mechanisms to destroy infective microorganisms (bacteria, viruses, fungi and parasites) and keep the body healthy by helping it ward off infections. The ability of the immune organs to function and the viability of the immune cells they produce is primarily influenced by the nutritional intakes of an individual, and even single nutrient deficiencies like that of vitamin A, zinc, etc can severely compromise the ability of the immune system to function. Balanced nutrition has always played an important role in the competence of the immune response since the production of all the various components of the immune system as well as the functioning of the organs involved in production of immune components is dependent on various nutrients.

As we address COVID-19 challenges head-on, IMPAct4Nutrition has put together for you a compendium of resources to guide you on the best nutritional practices for you, your employees, your families and others across the company’s ecosystem. These resources contain practical, easy to follow tips on how you can maintain an appropriate nutritional status and thus, also maintain adequate immune response. It is important to remember that even though most your employees are now confined to working from their homes, maintaining appropriate nutritional status is necessary for immune-competence and continued productivity.

Outreach: How companies can use these materials?

These resources can be used for internal dissemination as well as external communication by pledged companies. There is a lot of information and misinformation regarding COVID-19 in the public domain. Social media is often a source of misinformation for employees and can lead to dangerous consequences for them. In order to ensure that employees stay safe and adopt good practices, organisations can ensure that they reach out to their employees and external stakeholders with correct and verified information. These resources have been created and vetted by experts to use in your company’s ecosystem and for external dissemination.

¹ Smith KM, Machalaba CC, Seifman R, Feferholtz Y, Karesh WB. Infectious disease and economics: The case for considering multi-sectoral impacts. *One Health*. 2019 Jan 9;7:100080.
doi: 10.1016/j.onehlt.2018.100080.

Dissemination and Amplification mechanisms (Within the organisation and social media)

Companies can use their Social Media channels, company intranets, team software's etc. to push and amplify these messages to their employees, families and others across the value chain, including other stakeholders. There are existing communication channels that companies use in which these messages can be promoted, shared and amplified. The objective of the dissemination and amplification shall be to increase awareness, knowledge and understanding on preparedness, prevention and response practices against COVID-19 to reduce its impact (exposure) on their employees, their families and other stakeholders including women and children in the communities.

Resources links, Guidance notes, Materials on Workplace Nutrition, Nutrition, WASH and Early Childhood Development for Pledged companies.

**New resources are colour coded in red – updated 24th June 2020*

IMPAct4Nutrition								
Resources links, guidance notes, materials on Workplace Nutrition, Overall Nutrition, WASH, Early Childhood Development to help combat Covid-19								
Sr. No.	Name of Organization	Category	Title of Material	Content Description	Target Audience	Type of Material	Language Available	Source
1	IMPAct4Nutrition	Workplace nutrition	Guidance on workplace nutrition	Guidance for employers on all the I4N resource materials developed to help employees across the value chain ecosystem of the company on Nutrition	Company Ecosystem (Employers, Employees across the value chain)	PDF	English	Link
1	IMPAct4Nutrition	Workplace nutrition	Ten Commandments of Nutrition: For you and your family	Easy to understand booklet on nutrition advice at the workplace for all employees so that they can read and understand what they need to eat – and why.	Employees	Booklet, PDF	English	Link
1	IMPAct4Nutrition	Nutrition	Recipes Booklets	Nutritious recipes and snacks from across the country to strengthen	Employees and community	PDF	English	Link 1 Link 2

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				immunity				
1	IMPAct4Nutrition	Nutrition	Nourish Nuggets: A-Z of vitamins	Understanding of each vitamin and mineral important for our well-being in building up the immunity. A guide to help employees on what to eat	Employees and community	PDF	English	Link
1	IMPAct4Nutrition	Dry ration kit and its distribution	Dry ration kit and distribution – Guidance during COVID-19	Guidance and recommendations for a dry ration kit and the guidance to keep in mind during distribution	Employees and community	PDF	English	Link
2	UNICEF	COVID-19	Coronavirus disease (COVID-19): What parents should know How to protect yourself and your children?	How does the COVID-19 virus spread? What are the symptoms of coronavirus? How can I protect myself and others from COVID-19? What is the best way to wash hands properly? Does COVID-19 affect children? What should I do if my child has symptoms of COVID-19?	Parents and community	Article	English	Link
2	UNICEF	Hand washing	Everything you need to know about washing your hands	Washing your hands can protect you and your loved ones - 20 second	General	Article	English	Link

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			to protect against coronavirus (COVID-19)	guidance on handwashing and FAQs on hand washing				
2	UNICEF	Workplace/ Employer support on COVID-19	7 ways employers can support working parents during the coronavirus disease (COVID-19) outbreak	Children around the world need support from their parents right now. And parents need support from their employers.	Employers	Article	English	Link 1 Link 2
2	UNICEF	Workplace	Workplace Safety for COVID-19	Guidance on what safety measures need to be followed in the workplace	Employers	PDF	English	Link
2	UNICEF	Workplace	Guidance on COVID-19 Back-To-Work Preparedness	Guidance on WASH, recommendations, steps to protect employees back at work	Employers	PDF	English	Link
2	UNICEF	COVID-19	Fact or fiction: How much do you know about the coronavirus disease (COVID-19)?	Knowing the facts is key to being properly prepared and protecting yourself and your loved ones. A simple quiz to assess knowledge	General	Website page	English	Link
2	UNICEF	Parents for COVID-19	Parenting Tips during COVID 19	Tips for parents to talk to their children on the Coronavirus	Parents	PDF	English Hindi	Link 1 (English) Link 2 (Hindi)
2	UNICEF	Parents for COVID-19	How to talk to your child about coronavirus disease 2019 (COVID-19)	8 tips to help comfort and protect children.	Parents	Article and Video	English	Link

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2	UNICEF	Parents for COVID-19	Talking about the corona virus with young children	Activity book for parents and children to talk about COVID-19	Parents Caregiver Children	PDF	English Hindi	Link (English) Link (Hindi)
2	UNICEF	Early Childhood Development	Early Childhood Development and COVID-19 Response	Guidance one ECD and response to COVID-19	Parents, Communities	Guidance note with links to resources	English	Link
2	UNICEF	Family-Friendly Policies for employers for COVID-19	Family-friendly policies and other good workplace practices in the context of COVID-19: Key steps employers can take	Guidance for employers to practice family friendly policies during COVID-19	Employers	Guidance note on FFP and key take away for employers	English	Link
2	UNICEF	Infant feeding Breastfeeding	Infant & Young Child Feeding in the Context of COVID-19 - 30th March 2020	Guidance on Infant & Young Child Feeding in the Context of COVID-19	Employers, Community, Lactating mothers, pregnant women	PDF	English	Link 1 Link 2
2	UNICEF	Nutrition	Easy, affordable and healthy eating tips during the coronavirus disease (COVID-19) outbreak	Ideas to help your family maintain a nutritious diet.	General	Article	English	Link
2	UNICEF	Nutrition	Food hygiene tips during coronavirus disease (COVID-19) outbreak	General food hygiene tips	General	Article	English	Link
3	WHO	Nutrition	Nutrition advice for adults during COVID-	Guidance on a well balanced diet to help	Adults, Employers,	Article and PDF	English	Link

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			19	build the immune system and lower risks of chronic illnesses and infectious diseases	Communities			
3	WHO	Nutrition	Nutrition for adults during COVID-19	Nutrition for adults	Adults, Employers, Communities	Infographics, social tiles and PDF	English	Link 1 Link 2
3	WHO	Breastfeeding	Breastfeeding advice during the COVID-19	Guidance on breastfeeding during COVID-19 for lactating mothers and mothers who show symptoms of COVID-19	Lactating mothers, Pregnant women, communities	Article and PDF	English	Link
3	WHO	Breastfeeding	Breastfeeding advice during the COVID-19	Breastfeeding advice to lactating mothers and mothers who show symptoms of covid-19	Lactating mothers, Pregnant mothers, communities	Infographics, social tiles and PDF	English	Link
3	WHO	Breastfeeding	Q&A on COVID-19, pregnancy, childbirth and breastfeeding	Q&A on COVID-19, pregnancy, childbirth and breastfeeding	Pregnant women, lactating mothers, care providers	Page	English	Link
3	WHO	Infant Feeding and Young Children	Feeding infants and young children during COVID-19	Tips to keep in mind when feeding infants and young children	Pregnant women, lactating mothers, care providers	PDF	English	Link
3.	WHO	Infant Feeding and Young	Feeding Young children during	Tips to keep in mind when feeding young	Pregnant women,	PDF	English	Link

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		Children	COVID-19	children	lactating mothers, care providers			
3.	WHO	Nutrition	5 keys to a healthy diet	5 keys to a healthy diet	General	PDF/	English	Link
3	WHO	Nutrition	5 keys to a healthy diet	5 keys to a healthy diet	General	Banner	English	Link
3	WHO	Nutrition	Key facts to healthy diet	Key facts to healthy diet	General	Page PDF	English	Link
3	WHO	Nutrition	Healthy diets for Adults	Healthy diets for adults	General, communities	PNGs and social tiles	English	Link Link to Images
3	WHO	Food Safety	5 keys to safer food	5 keys to safer food	General	PDF poster PDF Manual		Link (poster) Link (banner)
4	Ministry of Health and Family Welfare	COVID-19	What is Novel Coronavirus?	Description of the Coronavirus	General	PDF	English	Link
4	Ministry of Health and Family Welfare	Hand washing	How to hand rub?/Good hygiene practices	Stepwise description of hand rub using a sanitizer and using soap and water	General	PDF	English	Link
4	Ministry of Health and Family Welfare	COVID-19	Protect yourself from the Coronavirus	Do's and Don'ts to protect yourself from contracting the virus	General	PDF	English Hindi	Link 1 (English) Link 2 (Hindi)
4	Ministry of Health and Family Welfare	Hand washing	Handwashing/Hygiene practices	Importance of handwashing	General	Video	Hindi	Link
4	Ministry of	Hand washing	Handwashing/Hygiene	Importance of	General	Video	English	Link

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	Health and Family Welfare		e practices	handwashing				
4	Ministry of Health and Family Welfare	Hygiene	Cover your mouth when coughing or sneezing/hygiene practices	Importance of using tissue, handkerchief and covering the mouth when coughing or sneezing	General	Video	Hindi	Link
4	Ministry of Health and Family Welfare	Hygiene	Cover your mouth when coughing or sneezing/hygiene practices	Importance of using tissue, handkerchief and covering the mouth when coughing or sneezing	General	Video	English	Link
4	Ministry of Health and Family Welfare	Children	Kids, Vaayu and Corona: who wins the fight?	A comic for COVID-19 awareness for children.	Children and kids	PDF	English	Link
4	Ministry of Health and Family Welfare	COVID-19	Protective measures against Coronavirus	Steps to take to protect oneself from contracting the virus	General	PDF	English	Link
4	Ministry of Health and Family Welfare	COVID-19	FAQs on Novel Coronavirus	FAQs that cover different topics	General	PDF	English	Link
4	Ministry of Health and Family Welfare	COVID-19	Guidelines on disinfection of common public places including offices	Provides interim guidance about the environmental cleaning/decontamination of common public places including offices	Offices	PDF	English	Link
4	Ministry of Health and Family Welfare	Breastfeeding	Continue Breastfeeding During COVID-19	Official guidance on how to protect children from infection through continued breastfeeding	Pregnant women, lactating mothers, care providers	PDF	English Hindi	English - Link Hindi - Link
4	Ministry of Health and Family Welfare	Pregnancy	Pregnancy during COVID-19	Guidance on pregnancy during COVID-19.	Pregnant women, lactating	Audio	Hindi	Link

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					mothers, care providers			
4	Ministry of Health and Family Welfare	Breastfeeding	Breastfeeding during COVID-19.	Guidance on breastfeeding during COVID-19.	Pregnant women, lactating mothers, care providers	Audio	Hindi	Link
4	Ministry of Health and Family Welfare	Nutrition	Nutrition and Healthy foods during COVID-19.	Guidance on nutrition and healthy foods during COVID-19.	General	Audio	Hindi	Link
4	Ministry of Health and Family Welfare	Infant and Young Feeding	Infant and Young Child Feeding During COVID-19	Guidance on Infant and young child feeding	Pregnant mothers Lactating mothers Care mothers	Flyer, PDF	English Hindi	Link (English) Link (Hindi)
5	Other resources	Nutrition	FAO: Maintaining a healthy diet during the COVID-19 pandemic	Maintaining a healthy diet during the COVID-19 pandemic	General	PDF	English	Link
5.	Other resources	Nutrition Fact Sheet	FAO: Healthy diet	All about healthy diet	General	PDF	English	Link
5.	Other resources	Nutrition Fact Sheet	FAO: Functions of food	All about foods and their functions	General	PDF	English	Link
5.	Other resources	Nutrition Fact Sheet	FAO: Iron makes our body stronger	Iron makes our body stronger	General	PDF	English	Link
5	Other resources	Nutrition Fact Sheet	FAO: About Vitamin A	Vitamin A keeps the body healthy	General	PDF	English	Link
5	Other resources	Nutrition Fact Sheet	FAO: Food for breastfeeding and pregnant women	Food for pregnant and breastfeeding mothers	Lactating mothers Pregnant women Care givers	PDF	English	Link

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5.	Other resources	Nutrition Fact Sheet	FAO: Feeding babies 0-6 months	Feeding babies 0-6 months	Lactating mothers Pregnant mothers, Care givers	PDF	English	Link
5.	Other resources	Nutrition Fact Sheet	FAO: Feeding young children over 6 months	Feeding young children over 6 months	Lactating mothers, pregnant mothers, care givers	PDF	English	Link
5.	Other resources	Nutrition Fact	FAO: Feeding school age children and youth	Feeding school age children and youth	Parents	PDF	English	Link
5.	Other resources	Nutrition Fact	FAO: Keeping food safe and clean	Keeping food safe and clean	General	PDF	English	Link
5	Other resources	Nutrition	WFP: Food for thought: 7 tips on keeping a healthy diet in the face of Coronavirus	The 'Grows, Gos and Nos' — advice from World Food Programme nutritionists on dos and don'ts of eating while at home	General	PDF	English	Link
5	Other resources	Nutrition	NCEARD: Nutrition in Pregnancy	Nutrition for pregnant women during COVID-19	Pregnant women, lactating mothers, care providers	PDF Video	English Hindi	Link (English) Link (Hindi) Video
5	Other resources	Nutrition	NCEARD: Healthy diets for general population	Diets for all during COVID-19	General	PDF	English Hindi	Link Link

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5.	Other resources	Nutrition	NCEARD: Alternatives to fresh foods in the time of COVID-19	Alternatives to fresh foods in the time of COVID-19	General	Video	Hindi	Video
5	Other resources	Nutrition	NCEARD: Nutrition and Healthy Lifestyle during COVID-19 outbreak	Key messages for Adolescents during COVID-19	Adolescents Parents	PDF	English	Link
5	Other resources	Nutrition	NCEARD: Nutrition, healthy diet and lifestyle for elderly	Key messages for Elderly	Care givers, Elderly, Family	PDF	English	Link
5	Other resources	Workplace	New Concepts: Do's and Don'ts precaution against COVID-19 in the workplace	Do's and Don'ts precaution against COVID-19 in the workplace	Employees	PDF	English and Hindi	Link

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