



## Generic Eating & Drinking Advice for People with Covid-19

Covid 19 can impact on appetite especially if there is a loss/alteration to sense of taste and smell. For people with reduced eating and drinking offer 5-6 small meals throughout the day (3 smaller meals with 2-3 snacks, supplements\* or 'home made' milky drinks\*). **Offer little and often as patients can fatigue very quickly**

### Key points:

- Offer drink/food whenever the person is alert
- Ensure that the person is sitting upright in a midline position before offering food drink
- Use a specialist unbreakable spoon if the person requires full assistance with eating
- Describe the food/drink to the person
- Consider offering drinks on a spoon to control volume if the person is coughing on a drink offered in a cup – **DO NOT USE A SPOUT UNLESS ASSESSED**
- Gently place the spoon of food under the person's nose to allow for any aroma feedback then dab a very small amount of food on the lips. **NB** allow a little bit of time for the person to process this before offering a full spoon
- If the person is accepting drinks but not food, consider offering soups and milky drinks using fortified milk.
- Try strong flavours (sharp/spicy/sweet) to stimulate taste buds
- Consider offering sweeter foods before savoury to stimulate the taste buds. Extra sugar may be added to enhance sweetness.
- If any problems are noted with the swallow itself, please refer to your local Speech and Language Therapy service.