



Managing Your  
**Health &  
Hydration**  
at Home

The Sqwincer® Corporation, a division of Kent Precision Foods Group.  
©2019 The Sqwincer® Corporation.  
Sqwincer® is a registered trademark of the Sqwincer® Corporation.

**KENT**  
Precision Foods Group



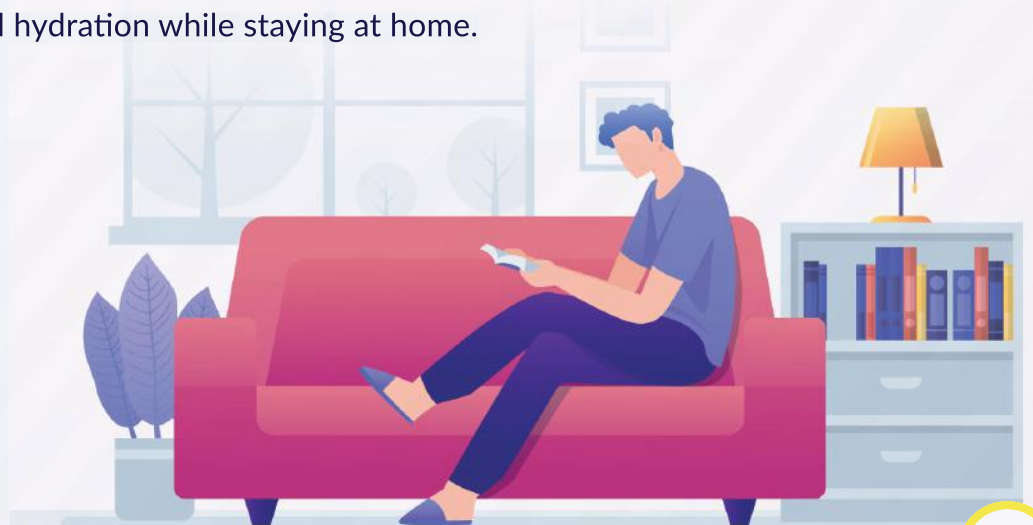
# Managing Your Health & Hydration at Home

Most of us are spending a lot more time at home these days. As the coronavirus (COVID-19) continues to spread across the globe, the safest (and healthiest) most of us can do is remain in our homes, physically distance ourselves from others, and follow proper hygiene protocols.

COVID-19 is a respiratory illness that is caused by the novel coronavirus. While the mild symptoms of COVID-19 can look a lot like the flu, COVID-19 can develop into a deadly condition that leads to organ failure, stroke, and death.

Stopping the spread of this virus will save lives. Slowing the spread along the way will help keep our healthcare system from becoming overwhelmed and incapable of treating those who do become ill. Doing what we can to stay healthy will help us and those closest to us avoid becoming ill.

Public health officials have warned that we will need to continue some form of social distancing for the foreseeable future. This “new normal” has disrupted many of our usual health habits and practices, making it more important than ever to find ways to maintain our health and hydration while staying at home.







## Why Staying at Home and Physical Distancing Are Needed<sup>1,2,3,4,5</sup>

The novel coronavirus is a newly discovered contagious and harmful virus. Because it is so new, we are still developing an understanding of how it works. There is no vaccine available and no standard treatment for COVID-19 has been established. However, we do have well-established and scientifically based practices for dealing with other viruses and their spread. Public health officials are using these practices as the basis for their response to novel coronavirus and COVID-19.

We know that this viral infection spreads through contact with an already-infected person, contaminated surfaces, or infected respiratory droplets in the air. This virus travels in the respiratory system and on the body of an infected person. The virus is left behind in the air and on surfaces when an infected person sneezes, coughs, or touches something. The virus enters an uninfected person's body through their nose, mouth, or eyes. From these openings, the virus enters the respiratory system.

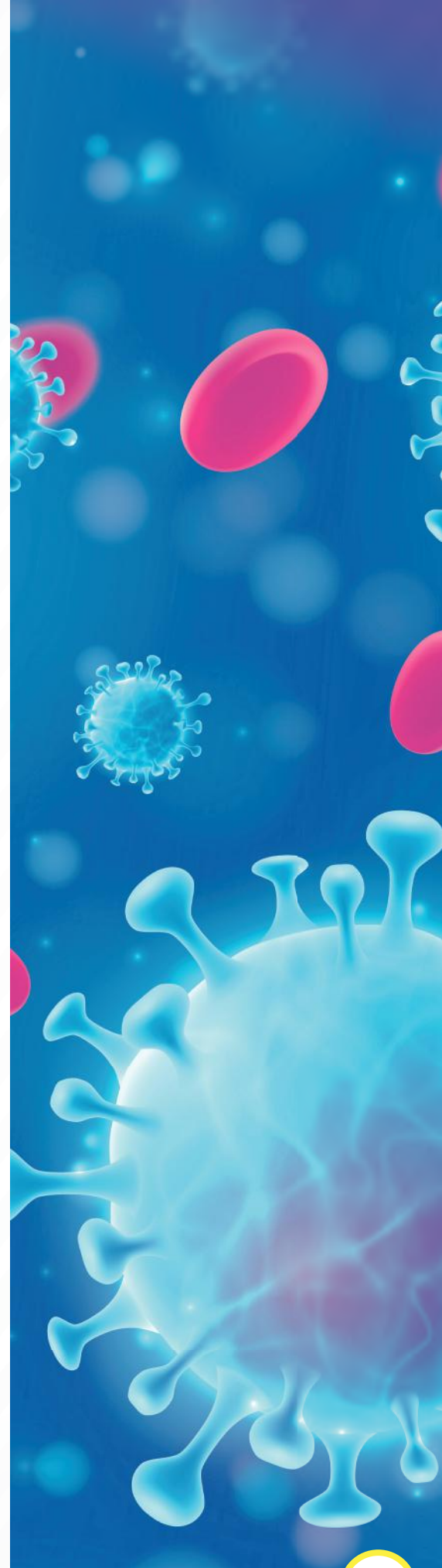
Some people who have become infected with novel coronavirus are asymptomatic, meaning they don't show any symptoms. While this can be fortunate for them, public health officials are particularly concerned by these asymptomatic carriers because they can spread the virus wherever they go without realizing it.

Scientists estimate that one person with COVID-19 will directly infect an average of 2.5 people. That doesn't sound like many until you realize that those infected people will each infect another 2.5 people, who will in turn infect an additional 2.5 people, and so on, and so on. Using math to model this rate of spread shows that, without taking any precautions like physical distancing, a single infected person can infect an additional 406 people within 30 days.

Novel coronavirus passes between people through close physical contact. Close physical contact doesn't necessarily mean physically touching or being present at the same time. Physically close can mean getting within 6 feet (2 meters) of an infected person.

Once a person is infected, they "shed" the virus, leaving the virus behind in the air and on surfaces through coughs, sneezes, and breathing. Depending on what the surface is made of, some infectious viruses can stay in the air for up to three hours and on surfaces between hours and days.

To stop infection from spreading through close physical contact, public health officials advise staying at home and keeping at least six feet from others if going out is unavoidable.







## Soap Kills Coronavirus Outside the Body <sup>6,7,8</sup>

Before the novel coronavirus enters the body, it can be broken apart by using plain old soap. This is why public health officials are telling people to wash their hands thoroughly (for at least 20 seconds) throughout the day and keep surfaces clean.

The outer layer of the novel coronavirus is composed of fat and protein that protect the genetic material inside the virus that directs it to reproduce once it finds a host. Soap breaks through the fat in the outer layer of the virus. Once the outside structure has been breached, the remaining parts of the virus break apart, are diluted in the soapy water, and are washed away.

This process requires time, so you need to keep scrubbing your hands for at least 20 seconds. This gives the soap time to work its way into the folds in your skin and through the outer layer of the virus molecules.

To remove the virus from hard surfaces, like tabletops, use soap or a detergent to clean and follow by rinsing with wa-

ter. Be sure to give the cleaner time to work before rinsing. Launder soft surfaces, if possible, or else use an appropriate cleaner.

You can follow up with a disinfectant to kill viruses that remain on the hard surface after cleaning. Disinfecting will not clean away any of the virus but it can reduce the chance of spreading the virus further if it is done after cleaning.

Even after a thorough scrub, there is no guarantee that the virus has been completely removed. It's best to remain attentive to your hygiene. Since you may still come in contact with the virus, you also want to avoid touching your face so that any remaining virus doesn't get in your eyes, nose, or mouth.

# What You Can Do to Stay Healthy<sup>9,10</sup>

Novel coronavirus (COVID-19) are very new and health officials are still learning the details of how the virus affects the human body. Because of this, you should stay informed of the latest health care guidance. Follow trusted sources of information like the CDC,<sup>11</sup> the NIH,<sup>12</sup> and OSHA.<sup>13</sup> Then consistently implement the guidance given or restrictions set by your local public health authorities.

The main things you can do to stay healthy:

- Practice physical distancing
- Wash your hands
- Avoid touching your face







## **ONLY LEAVE YOUR HOUSE FOR TRULY NECESSARY REASONS**

Like getting groceries or refilling a prescription.

## **THINK OF WAYS YOU CAN AVOID GOING OUT**

Have food delivered. Use the phone or internet to speak with people instead of meeting up. Establish an exercise routine you can do inside or in your yard.



## **AVOID GOING WHERE PEOPLE GATHER**

For instance, avoid public transportation or standing in crowded lines.

## **CONSIDER HOW YOU MIGHT DO THINGS REMOTELY INSTEAD OF IN PERSON**

If possible, work or attend school from home. Gather with friends and family via videoconference to socialize or for celebrations.



## **PAY PARTICULAR ATTENTION TO HYGIENE**

Make sure you wash your hands for at least 20 seconds. Wash your hands before eating or preparing food; after using the restroom; after blowing your nose, coughing, or sneezing; and before and after providing care for someone else.



## **KEEP THINGS CLEAN.**

Clean and disinfect surfaces regularly. Remove garbage daily. Launder clothes, towels, and bed linens after use. Clean more frequently if someone in your house is ill or suspects they are getting sick.



## What to Do if You or Someone in Your Home Gets Sick <sup>14,15</sup>

The guidance from the CDC is very clear and specific as to what to do when you or someone in your home feels ill.

### **First and foremost, stay home.**

Do not risk infecting others or exposing yourself by going out or going to the hospital. If you need medicine or other health supplies have them delivered or have a healthy person get them for you.

### **If symptoms persist, are flu-like, or you think you've been exposed to coronavirus, call your doctor's office.**

Your doctor should be able to complete an initial screening over the phone. After that, they can advise you on how to best take care of yourself and whether you need to go to the hospital for care.

### **Monitor your symptoms.**

Fever and cough are common symptoms of COVID-19. Be on the lookout for warning signs that your illness is getting worse. These include having trouble breathing, persistent pain or pressure in the chest, and bluish lips or face. Other troubling symptoms might show up. Your doctor is in the best position to advise you. Contact your doctor whenever you have a question or concern.



### **Rest, take care of yourself, and stay hydrated.**

Follow your doctor's instructions. Rest your body. Be sure to eat and drink enough so you don't become weakened or dehydrated.

### **Avoid spreading the virus.**

Cover your coughs and sneezes. When you are around other people wear a cloth mask over your nose and mouth. Throw any used tissues away immediately.

### **Separate yourself from others and any pets in your home.**

Stay in a specific room away from others. Avoid sharing household items like cups, dishes, towels, and bedding. Avoid touching things that everyone uses like the remote control or a game controller. If you do touch these things, clean them after use.

### **Keep things clean.**

Wash your hands thoroughly with soap throughout the day. Clean and disinfect surfaces and items that get touched regularly. This includes phones, remote controls, game controllers, doorknobs, and keyboards. Wash household items, like dishes and bed linens, thoroughly after each use.

### **Avoid having in-person visitors.**

Connect with your friends, family, and colleagues on the phone or over the internet.



## WHAT IS A VIRUS?

A virus is a “submicroscopic infectious agent that replicates only inside the living cells of an organism.”<sup>16</sup> In short, viruses are very small molecules that infect living things. Viruses can establish themselves in the living cells of all kinds of living things. Animals, plants, and people can all become hosts for viruses. Once a virus infects its host it multiplies and can cause illness. Viruses can spread from one living being to another in a number of ways, including through close contact. They can also live for some amount of time on surfaces and be carried along in the air on droplets of moisture.

## WHAT IS COVID-19?

The symptoms and severity of COVID-19 can vary greatly. Symptoms can include cough, fever, shortness of breath, sore throat, and muscle aches. Coronavirus is spread between people and, in the most severe cases, COVID-19 can cause death. Currently, there is no vaccine for the novel coronavirus nor specific treatment for COVID-19. For now prevention, by practicing good hygiene and physical distancing, is the most effective path available for staying healthy.

“

“COVID-19 is the disease caused by the new [a.k.a. novel] coronavirus that emerged... in December 2019.”<sup>17</sup>

”



# Staying Well Hydrated Supports

## Your Good Health <sup>18,19,20,21,22</sup>

Everybody needs to drink enough hydrating liquids each day to maintain their health.

According to the Harvard Health Letter, *“drinking fluids is crucial to staying healthy and maintaining the function of every system in your body, including your heart, brain, and muscles. Fluids carry nutrients to your cells.”* <sup>23</sup>

The stress and disruption that comes with living through a public health emergency like this will likely disrupt your regular health routines. You may find yourself drinking less liquids overall or drinking more dehydrating liquids like alcohol or caffeinated beverages. These things can put you at risk of becoming dehydrated and undermining your overall state of health.

Staying well hydrated is sometimes overlooked when faced with a contagious illness. Most of the attention is on avoiding infection. But a symptom like fever, which causes you to sweat more, can put you at risk of dehydration. Keeping your body's systems healthy, by paying attention to your state of hydration, will help you avoid being at higher risk overall for COVID-19.



## Practice your regular hydration drinking habits.

Monitor your liquid intake every day to ensure that you are maintaining a healthy level of hydration. Drink hydrating beverages throughout the day, as you would normally. Limit or avoid dehydrating beverages, like alcohol or caffeinated drinks.

Drink more hydrating beverages if you start experiencing symptoms of dehydration, like thirst, dizziness, or urinating less.

## Maintaining hydration levels when ill

When you are feeling ill there is no shortcut to getting better. You have to rest, monitor your symptoms, and stay hydrated.

Drinking water alone may not be enough. Water alone, especially when ill, can cause an electrolyte imbalance. By including an electrolyte beverage in your daily diet you're helping to ensure that this doesn't happen.

If you are under a doctor's care, ask them for guidance on how to maintain your hydration levels as you recover.

## Take Action to Maintain Your Health

There are things you can do to continue managing your health while staying at home. Following well-established health habits like washing your hands, avoiding contamination, and keeping hydrated give you a solid basis for staying healthy. Staying informed of the latest developments and guidelines concerning coronavirus and COVID-19 will help keep you on the healthy course.



## RECOMMENDED

ORAL FLUID INTAKE

**Patient's families need to monitor for adequate fluid intake.**

- ✓ Offer milk, fruit juice (caution with diabetic), and isotonic electrolyte solution (ORS), barley water, rice water, or clear soup.
- ✗ Do not give plain water alone, as it can cause electrolyte imbalance.

**Reference:**

Institute of Medicine of the National Academy of Sciences Total Daily Water Adequate Intake Summary, 2004.

## How much fluid should you drink each day?

The CDC recommends the following levels of daily fluid intake:<sup>24</sup>

- Adult (14+ yrs) males should drink 11-13 8-oz. cups of liquid
- Adult (14+ yrs) females should drink 8-9 8-oz. cups of liquid

AGE	AMOUNT FLUID NEEDED PER DAY (8 OZ CUPS)
Infants	3 cups
1 to 3	4 cups
4 to 8	5 cups
9 to 13	8 cups
Males ≥ 14	11-13 cups
Females ≥ 14	8-9 cups





**Sqwincher®** provides a range of electrolyte beverages in great-tasting flavors to help promote drinking and maintain optimal hydration **levels.**

#### **MEDICAL DISCLAIMER**

The information presented here is not intended to be a substitute for professional medical advice or treatment. Always seek the advice of your physician or other qualified medical provider when you have questions or concerns about a potential illness or medical condition.

**KENT**

Precision Foods Group

1. CDC. (2020d, February 11). **Coronavirus Disease 2019 (COVID-19) - Social Distancing, Quarantine, and Isolation.** Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
2. Lu, M. (2020, March 28). **The Math Behind Social Distancing.** Visual Capitalist. <https://www.visualcapitalist.com/the-math-behind-social-distancing/>
3. Katella, K. (2020, April 21). **5 THINGS EVERYONE SHOULD KNOW ABOUT THE CORONAVIRUS OUTBREAK > STORIES AT YALE MEDICINE. YALE MEDICINE; YALE SCHOOL OF MEDICINE.** <https://www.yalemedicine.org/stories/2019-novel-coronavirus/>
4. **Interim Clinical Guidance for Management of Patients with Confirmed 2019 Novel Coronavirus.** (2019-nCoV) Infection. (2020). CDC. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>
5. Harvard Health Publishing. (2020, March). **COVID-19 basics.** Harvard Health. <https://www.health.harvard.edu/diseases-and-conditions/covid-19-basics>
6. CDC. (2020b, February 11). **Coronavirus Disease 2019 (COVID-19) - Environmental Cleaning and Disinfection Recommendations.** Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>
7. Resnick, B. (2020, March 11). **How soap absolutely annihilates the coronavirus.** Vox. <https://www.vox.com/science-and-health/2020/3/11/21173187/coronavirus-covid-19-hand-washing-sanitizer-compared-soap-is-dope>
8. US EPA, O. (2020, March 13). **List N: Disinfectants for Use Against SARS-CoV-2.** US EPA. <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
9. CDC. (2020d, February 11). **Coronavirus Disease 2019 (COVID-19) - Social Distancing, Quarantine, and Isolation.** Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
10. CDC. (2020c, April 11). **10 things you can do to manage you COVID-A9 symptoms at home.** CDC. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>
11. CDC. (2020a). **Novel Coronavirus 2019.** Cdc.Gov. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
12. NIH. (2020, January 31). **Coronavirus (COVID-19).** National Institutes of Health (NIH). <https://www.nih.gov/health-information/coronavirus>
13. OSHA. (2020). Safety and Health Topics | **COVID-19 - Control and Prevention** | Occupational Safety and Health Administration. [Www.Osha.Gov. https://www.osha.gov/SLTC/covid-19/controlprevention.html#health](https://www.osha.gov/SLTC/covid-19/controlprevention.html#health)
14. CDC. (2020d, February 11). **Coronavirus Disease 2019 (COVID-19) - What to Do If You Are Sick. Centers for Disease Control and Prevention.** <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/caring-for-yourself-at-home.html>
15. CDC. (2020c, February 11). **Coronavirus Disease 2019 (COVID-19) - Caring for Someone Sick at Home.** Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>
16. Wikipedia Contributors. (2019, March 26). **Virus.** Wikipedia; Wikimedia Foundation. <https://en.wikipedia.org/wiki/Virus>
17. Johns Hopkins Medicine. (2019). **What Is Coronavirus?** Johns Hopkins Medicine. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus>
18. Harvard Health Publishing. (2015, June 18). **The importance of staying hydrated - Harvard Health.** Harvard Health; Harvard Health. <https://www.health.harvard.edu/staying-healthy/the-importance-of-staying-hydrated>
19. **NIH - National Institute on Aging.** (2019). Getting Enough Fluids. National Institute on Aging. <https://www.nia.nih.gov/health/getting-enough-fluids>
20. Cleveland Clinic. (2019). **Avoiding Dehydration, Proper Hydration.** Cleveland Clinic. <https://my.clevelandclinic.org/health/treatments/9013-dehydration>
21. CDC. (n.d.). **Centers for Disease Control and Prevention Dengue Clinical Case Management E-learning Learn More Hydration Status Dehydration\*** Mild Moderate Severe. Retrieved April 21, 2020, from [https://www.cdc.gov/dengue/training/cme/ccm/Hydration%20Status\\_F.pdf](https://www.cdc.gov/dengue/training/cme/ccm/Hydration%20Status_F.pdf)
22. Gray, D. (2020, April 12). **Here's What You Should Do If You Have a 'Mild' Case of COVID-19.** Healthline. <https://www.healthline.com/health-news/what-are-the-best-ways-to-recover-from-covid-19>
23. Harvard Health Publishing. (2015, June 18). **The importance of staying hydrated - Harvard Health.** Harvard Health; Harvard Health. <https://www.health.harvard.edu/staying-healthy/the-importance-of-staying-hydrated>
24. CDC. (n.d.). **Centers for Disease Control and Prevention Dengue Clinical Case Management E-learning Learn More Hydration Status Dehydration\*** Mild Moderate Severe. Retrieved April 21, 2020, from [https://www.cdc.gov/dengue/training/cme/ccm/Hydration%20Status\\_F.pdf](https://www.cdc.gov/dengue/training/cme/ccm/Hydration%20Status_F.pdf)