



Nutrition and Dietetics

Nutritional information for patients recovering from coronavirus (Covid-19)

This information is supported by Dietetics Services across Dorset to assist people in their recovery from coronavirus once discharged from hospital, as well as those who have remained in their own homes.

Following your illness, you need to have extra protein and calories to increase your strength and repair muscle. This is especially important if you have lost weight and/or have a poor appetite. To access information about managing nutrition please visit <https://www.malnutritionpathway.co.uk/covid19>

Further useful resources can be found in a number of Nutrition and Dietetics Patient Information Leaflets on the Dorset County Hospital website here:

<https://www.dchft.nhs.uk/patients/patient-information-leaflets/Pages/Nutrition-and-Dietetics-Leaflets.aspx>

If you have difficulty accessing food as regularly as usual, have reduced energy levels and/or have limited cooking skills, stock up on store cupboard items such as basic tinned foods, frozen food and ready meals. If you require assistance with shopping, local council and charities are available to support you:

- In West Dorset, please contact: Dorset Council Co-ordinated Community Response team - 01305 221022 (8am - 8pm)
- In East Dorset, please contact: BCP Council - 0300 1237052 (8am - 8pm)

We hope that you have found this information useful, but if you have any questions or are worried about anything, please speak to the Nutrition and Dietetics Department on **01305 254415**.

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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