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| **LUNG INFECTION** | **ANALYSIS** | **RECOMMENDATIONS** | **FOOD ITEMS** |
| > 50% | Lungs can recover, but not overnight. Recovery from lung damage takes time. Over time, the tissue heals, but it can take three months to a year or more for a person’s lung function to return to pre-COVID-19 levels. | Again, staying up to date with COVID-19 vaccines, including boosters is key, not only to surviving COVID-19, but potentially to ensure the scars to the lungs are not permanent. | **Eat 20 to 30 grams of fibre each day**, from items such as bread, pasta, nuts, seeds, fruits and vegetables. **Eat a good source of protein** at least twice a day to help maintain strong respiratory muscles. Good choices include milk, eggs, cheese, meat, fish, poultry, nuts and dried beans or peas. |
| 60%-69% | The lung are still likely to recover. As the lungs recover and muscle re-grows, patients will experience discomfort from this healing. | * Veklury (remdesivir) * Lagevrio (molnupiravir) * Paxlovid (nirmatrelvir/ritonavi) |  |
| 70%-79% | Chances of infection lasting for more than 3 years is likely | [Antiviral medications](https://www.lung.org/lung-health-diseases/lung-disease-lookup/covid-19/treatment-recovery/antivirals) can help your immune system fight of the infection by stopping multiplication |  |
| 80%-100% | COVID-19 largely affected the lung and the severity is significant. The opinion of a certified health care provider is recommended at this stage. | Oxygen therapy is recommended and constant check-ups with the radiologist. Pulmonary rehabilitation can also be done to stay healthy and active |  |