



ABSTRACT

**What shall we do to boost the immune system of people diagnosed as asymptomatic COVID-19?**

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**Nutrition Battling on Pandemic COVID-19: How to Survive**

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The Coronavirus Disease 2019 (COVID-19) is currently spreading rapidly around the world. In Indonesia, the number of new daily cases has remarkably increased noted since the midst of August with more than 3000 new confirmed cases each day. Clinical presentation of COVID-19 has wide spectrum started from fever, ageusia and anosmia, gastrointestinal and respiratory symptoms, to respiratory distress syndrome. However, individuals with COVID-19 could also be asymptomatic confirmed by positive result for SARS-COV2 using real time PCR assay.

The asymptomatic cases not only bring concerns about transmission control via person-to-person but also the clinical support for those as nearly half of them developed symptoms later and probably happened during their self-isolation. Even without clinical features, some asymptomatic patients do have abnormal CT features indicating pulmonary involvement. An individual immune system may be one of the possible reason for variable symptoms of COVID-19.

Nutrition invariably influence the immune system competence and determine the severity of infection. The macro-, micronutrients, and phytonutrients in diet, mainly the fruits and colorful vegetables, generally promote healthy immune response. Thus the adequation of macro- and micronutrient status is an important measure for COVID-19 management to prevent further deterioration. Numerous micronutrients are essential for immunocompetence, particularly vitamin A, C, D, E, B, iron, selenium, and zinc. Among those micronutrients, vitamin D, C, selenium, and zinc have a promising role in managing the asymptomatic case of COVID-19.

**Keywords:** COVID-19, asymptomatic, nutrients

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