

**Advice for patients with difficulty breathing due to COVID-19**

Dear Patient

Please try **not** to spend much time lying flat on your back! Lying on your stomach and in different positions, including standing up, will help your body to get air into all areas of your lungs. Other positions (other than lying on your back) reduce pressure from your heart and stomach on your lungs and can improve clearance of lung secretions.

You are encouraged to change your position every 30 minutes to 2 hours. Even sitting up is better than lying on your back. You can use pillows to enhance comfort, but do not add pressure to your stomach area. Please continue with regular position changes while convalescing after discharge from hospital.

**If you are able to, please try to:**

1. Lie on your stomach for 30 minutes to 2 hours; then

2. Lie on your right side for 30 minutes to 2 hours; then

3. Sit up for 30 minutes to 2 hours; then

4. Lie on your left side for 30 minutes to 2 hours; then start again with position 1.

The pictures below demonstrate the positions:

1. Lie on your stomach for 30 minutes to 2 hours



1. Lie on your right side for 30 minutes to 2 hours



1. Sit up for 30 minutes to 2 hours



1. Lie on your left side for 30 minutes to 2 hours



1. Then back to position 1: Lying on your stomach

