



For your Health, at Home

Please do these exercises and follow these steps to avoid getting sicker or feeling worse.

Exercises:

At the beginning of every hour:

- Take a deep breath and hold it for 5 seconds, then blow it out. Repeat this 5 times.
- Then take a 6th breath, hold it for 5 seconds and cough forcefully.
- Rest for a few minutes, then repeat this cycle of 6 breaths once more.
- DO NOT do this breathing exercise when anyone else is in the room. That will increase the chance of exposing them to the virus.

At 30 minutes past the hour:

- Lay on your stomach for 10 minutes, once per hour. During that time, turn your head to the side and take slow deep breaths in and out.
- If you are unable to lay flat on your stomach, try using pillows placed under your chest and pelvic area for increased comfort.
- If you are still unable to lay flat on your stomach, roll as far onto your side as possible for 5 minutes and take slow, deep breaths. The roll as far on your other side as possible for 5 minutes and take slow, deep breaths.
- Lying flat on your back is not a good idea for an extended period of time because we want you to have better air movement in the bases and backs of your lungs.

Also follow these steps:

- Sit up in a chair as much as you can, except when spending time on your stomach every hour.
- Be as active as you can in your room, or around your house. It's better for you to stand in place beside a chair, instead of sitting. If needed, hold onto something stable for your safety. Please stand as much as possible or walk in place to improve the air movement in your lungs.
- Drink plenty of fluids and try to eat a healthy diet to maintain your strength. It's okay to sip your fluids instead of drinking them quickly, and to eat slowly. Please continue to do both as you rest and monitor your health.