

# COVID-19 Homecare

## Basic lung support activities

The activities contained herein are basic guidelines to support home recovery. Contact your healthcare provider for specific advice.

## Proning

### Why you should include proning in your home treatment

The virus affects red blood cells and distribution of oxygen to the heart, muscles and lungs which in turn leads to a shortness of breath.

Proning (turning) allows for better expansion of the back lung

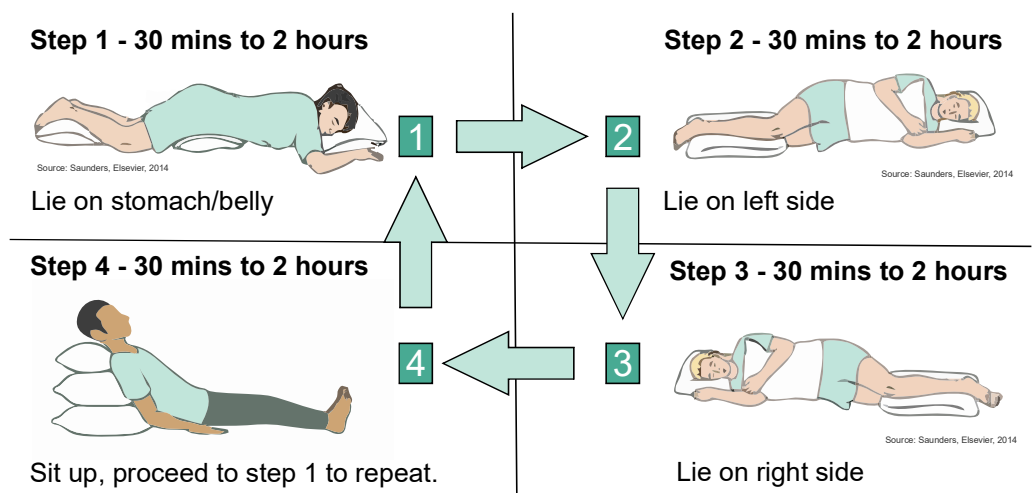
areas, improves body movement and promotes the removal of secretions which may lead to better breathing - oxygenation of the body.

Proning may reduce the risk to develop severe respiratory distress. It improves ventilation to the lungs and increases saturation.

## Proning & breathing

When you start with proning, do the following breathing exercises:

- Breathe in through your nose and pull air down into your stomach.
- Slowly exhale through your nose.
- Repeat deep breaths for one minute.



## Constant moving & sunlight

Do not lie down for too long - remember to keep moving. Movement distributes oxygen throughout the respiratory system. (Source: Molnar and Gair, 2015)

If possible, sit in the sun for increased Vit D production. Vit D assists with a positive immune response the body needs to fight infection. (Source: (Mora, Iwata and von Andrian, 2008)

## Breathing exercises

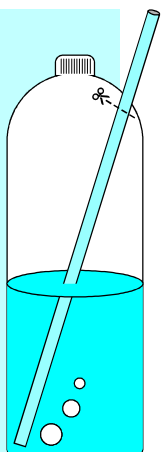
The following suggested exercises may assist during your recovery. Kindly consult your healthcare provider for more information.

### Deep breathing and forced expiration

- Take a deep breath in through the nose. At the end of it, hold your breath for five seconds. Then breath out through the mouth. Repeat five times - five breaths in total.
- Next, take a sixth deep breath in, then at the end of it, cough strongly, covering our mouth when you do so.
- The sixth breath and cough at the end represent one cycle.
- Repeat the cycle twice.

### Bottle Blowing

- Fill a 2-litre bottle with 10cm of water or any bottle half full with water. Close the cap.
- Make a small hole on the side through which a straw can fit **tightly**.
- Blow bubbles with a straw that is long enough to reach the bottom of the bottle.
- Repeat five times.
- Do not share bottles with other people and replace the water every day with fresh water.
- Do not drink the water.



## Monitor your oxygen levels

It is important to monitor your oxygen levels. If you have an oximeter at home, this can be handy tool to measure the levels.

- %SpO2 measures your oxygen levels (normal above 96%)

- PR BPM - Pulse Rate Beats per Minute - measures your heart rate. (normal 60-100bpm)
- If your oxygen levels **drop and stay below 90%**, visit your nearest hospital or contact your doctor. DO NOT DELAY.



**DO NOT DELAY: If your condition worsens, call or visit the Emergency Department at ZAH. 012 740 1206 or 012 343 3736**