

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

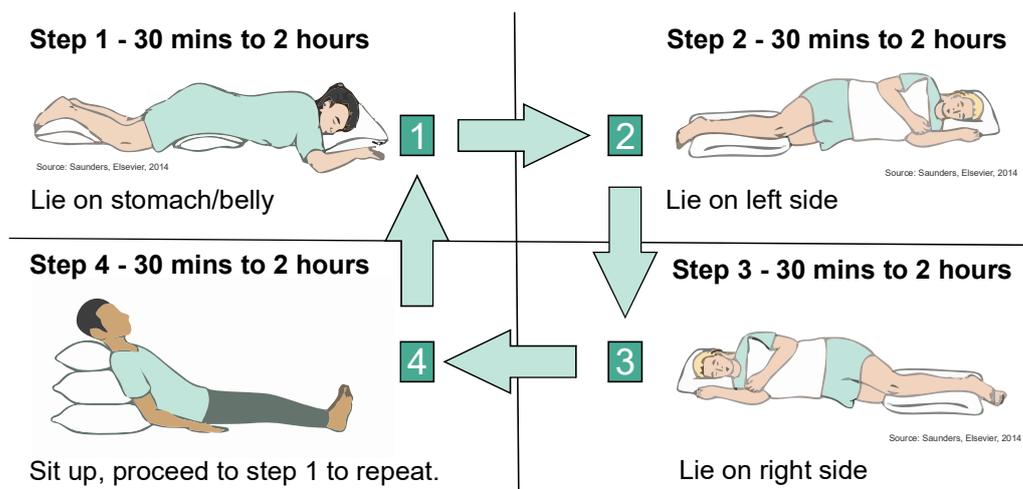
areas, improves body movement and promotes the removal of secretions which may lead to better breathing - oxygenation of the body.

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

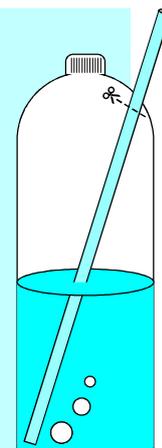
The following suggested exercises may assist during your recovery. Kindly consult your healthcare provider for more information.

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