



COVID-19

AT HOME GUIDE

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MEDICAL CARE
Bringing HEALTH IN REACH

Adapted from "A Guide to Managing Mild COVID-19 Disease at Home"
by Dr Aysha Kola and Dr Waasila Jassat.

IF YOU ARE FEELING SHORT OF BREATH, HERE'S WHAT MAY HELP

Sleep on your stomach for as much as possible with your head turned to the side (prone position). It helps to prop a pillow length wise underneath your head and chest for this.

You can also cycle between laying on your belly, on your side and sitting up as illustrated below.



1. 30 minutes - 2 hours
laying on your belly



2. 30 minutes - 2 hours
laying on right side



3. 30 minutes - 2 hours
sitting up



4. 30 minutes - 2 hours
laying on your left side



BREATHING EXERCISES TO CLEAR YOUR LUNGS AND IMPROVE OXYGEN FLOW

The idea is to get the lower part of your lungs to expand so that any mucus that's collecting there can be dislodged and coughed out.

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 breathe out through the mouth.
- Do this five times - five breaths total.
- Next, take a sixth deep breath in, then at the end of it cough strongly, covering your mouth when you do so.
- The six breaths plus cough at the end represent one cycle. Repeat this cycle twice.

PURSED LIP BREATHING

Breathe in through your nose and breathe out at least twice as long through your mouth, with pursed lips.

BELLY BREATHING

Lie on your back. Bend your knees. Breathe deeply through your nose, allowing your chest and belly to expand. Breathe out through your mouth at least twice as long as you inhale. Perform for one minute. Then, rest for 30 seconds.

BALLOON BLOWING

You can also blow up a balloon as breathing against resistance helps to expand the chest.

WHEN SHOULD YOU SEEK MEDICAL HELP?

- If your symptoms are worsening or have not improved after seven days.
- If you become confused or have difficulty concentrating.
- If you develop a new fever or your fever returns.
- If you develop chest pain.
- If you are diabetic and your sugar level is high (<18) or very low (>3.5).
- If your breathing becomes difficult and the number of breaths you take in one minute (respiratory rate) is more than 25.
- If your oxygen level on the pulse oximeter is lower than 92%.



DO NOT GO TO YOUR GP'S ROOM! CALL DR MACQ AND ARRANGE A VIRTUAL MEDICAL CONSULTATION OR CALL AN AMBULANCE AND GO TO THE HOSPITAL