



Home Care Instruction-COVID 19

1. Walk outside around your block without a mask at least one time daily. This needs to be done despite the weather
2. Lay on your stomach each night prior to sleep and take 10 deep breaths
3. Perform deep breathing exercises. Try breathing in as deep as you can, then breath out for as long as you can, do this 2-3 times then relax for a minute and repeat. Try to do this every hour while awake.
4. Frequently change your position when sitting or lying
5. Get rest, but be sure your walking and deep breathing during the day
6. Take Tylenol instead of Ibuprofen for fever and muscle aches unless you cannot take Tylenol
7. If given a pulse oximetry be sure you are using it daily as instructed
8. If you use nebulized medications, you need to use your machine in a room away from other occupants and keep the door shut for at least 3 hours after use. If possible, use outside on a porch or patio
9. Call your provider with any questions or concerns. Look for **emergency warning signs** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face