

## Tips for Breathing Easier with COVID-19

# Lying Face Down Can Help Breathing.

This information is provided for people with COVID-19.

- Lying on your stomach (proning) may help your breathing. Proning has proved helpful for a wide range of mild to severe respiratory conditions since the 1970s at hospitals, care facilities and private homes.
- Research shows that proning helps oxygen inhalation, expelling phlegm, abdominal breathing and relaxation.

## How to Prone Effectively and Comfortably

This leaflet explains how to get into: a complete prone position (\* Figure 1), a semi-prone position (\* Figure 2), and lying on your front in a seated position (\* Figure 3=reverse side)

※Please try the following positions as often as you feel comfortable.

### Methods

Do not lie on the front of the body immediately after eating. Maintain the prone posture you feel comfortable with for 15-30 minutes 1-2 times a day. Try these positions for as long as you feel comfortable and as many times as you like (See Figures for reference). Please do not stay in any position that causes discomfort or pain.



Fig. 1. Complete prone posture



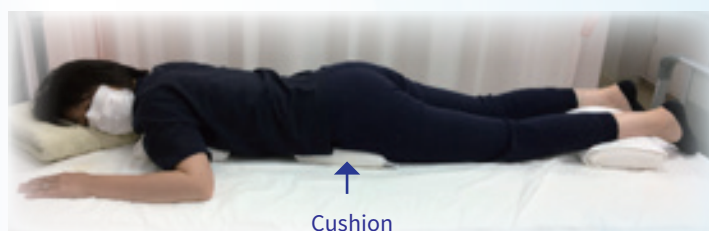
Fig. 2. Semi-prone posture

Lie on your favorite side. To help expel mucus, lie with the phlegm-accumulated lung side up if you can determine this.

Adjust your posture being careful to not bend your lower back or neck uncomfortably or twist the neck unnaturally.

Use cushions, pillows, floor cushions, comforters, bath towels, towels, and other similar items to support and adjust as needed.

If your lower back bends uncomfortably while prone, insert a cushion or a similar item under your stomach for support. Also, if the position of your breasts or neck causes discomfort, using a cushion or a similar item underneath can also help.



When lying in a semi-prone posture as shown in Fig. 2, try not using a pillow under your head to breathe easier. If necessary, you can use a folded towel instead of a pillow. You may also try using a hug pillow to stabilize your body providing more comfort. A comforter folded lengthwise can serve as a hug pillow.








If you find it difficult to breathe while lying down, try this method in a seated position. Rest your head on your forearms or hold a cushion or a pillow to ease your breathing.



Figure 3. Lying forward in a seated position

### References used in creating this leaflet

-  The Japan Academy of Critical Care Nursing the Clinical Practice Group of the COVID-19 Measure Special Project & The Japanese Society of Intensive Care Medicine the Nursing Practice Guide Group of the COVID-19 Measure Nursing Team (2020). Practical guidelines for caring for patients with severe COVID-19 Ver. 2.0.: <https://www.jsicm.org/news/upload/>
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