
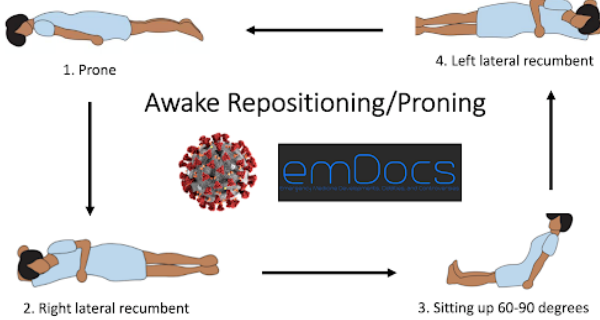
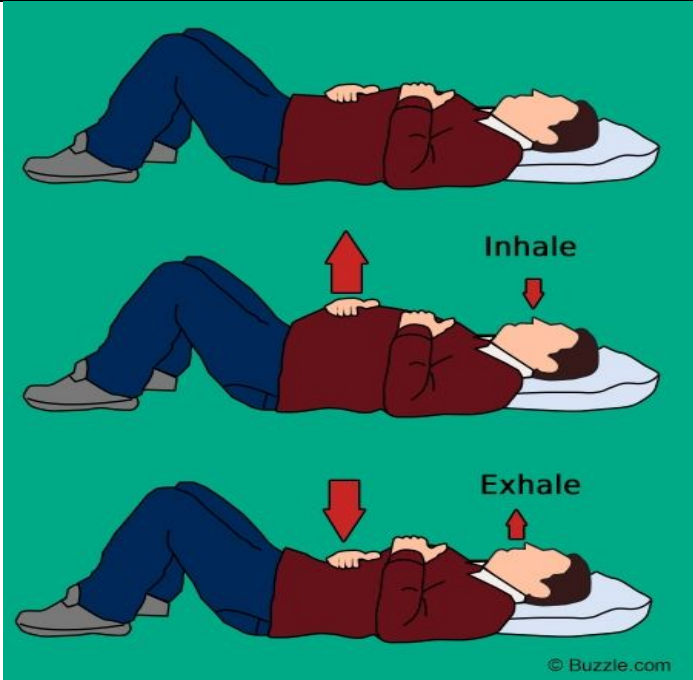





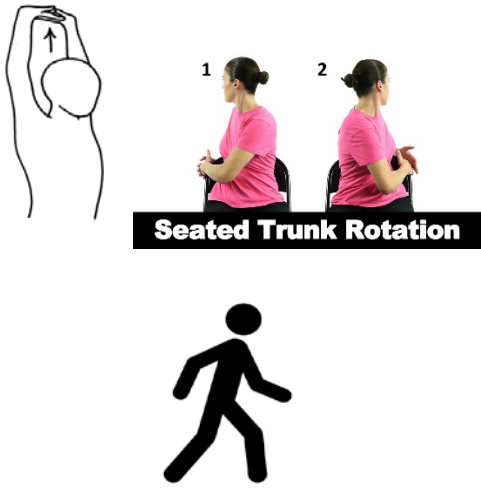


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Bronchial Hygiene, Cough Etiquette and Exercise to perform during Quarantine/Isolation

Advice	Picture	Description
Drink lots of water		Try to drink 1.5 - 2 litres of water (cold or warm) every day to keep your body hydrated.
Body positioning		When you lie in bed, make sure to change your body position every 2 hours by lying on your left and right sides and also lying on your stomach (prone). By changing your body position, you allow air to better flow through your lungs, especially the posterior lung segments.
Diaphragmatic breathing		Your diaphragm is your most important muscle of breathing. It is important to make sure that you breath with your diaphragm to ensure good ventilation through your lungs. To perform diaphragmatic breathing, relax your

		<p>shoulder girdle, place one hand over the upper part of your chest (over breast bone at shoulder level) and the other hand on the upper part of your stomach (above navel). You know that you are using your diaphragm well to breath if your hand on your stomach moves up and down more than the hand on your chest.</p> <p>Perform diaphragmatic breathing 10 times every waking hour of the day.</p> <p>Do this type of breathing in sitting and when lying on your back or on your side.</p>
Coughing		<p>Ensure you cough into your elbow or a tissue covering your mouth and nose.</p>
Cough out secretions		<p>Cough your secretions out of your mouth into a tissue and discard it. Immediately wash your hands.</p>
If coughing is painful, do huffing		<p>Sit or stand in an upright position. To huff you need to take a deep breath in, open your mouth and forcefully blow out air (exhale) from the back of your throat through your open mouth as if you</p>

		<p>are trying to steam up a mirror. This technique will help you to move secretions from your lower airways to your mouth so that you can spit it out.</p>
<p>Exercise</p>	 <p>The image contains three illustrations: a line drawing of a hand with an upward-pointing arrow, two side-view photographs of a person in a pink shirt performing seated trunk rotation (labeled 1 and 2), and a black stick figure walking. Below the photos is a black box with the text 'Seated Trunk Rotation'.</p>	<p>It is important to get out of bed every day. Sit over the side of the bed and stretch your arms up towards the ceiling while you take in a deep breath (6-8 breaths at a time). This will help to maximise your lung volumes.</p> <p>Cross your arms over your chest and gently turn your body from side to side. This will help to prevent stiffness of your trunk (6-8 exercises at a time). Walk around your room frequently, as you are able to manage, to prevent your leg muscles from getting weak.</p>

*Ensure that you rest enough during the day. It is important to listen to your body and to rest or do activity accordingly. So if you feel well enough to get up out of bed, do so for a short period of time and then make time for resting.