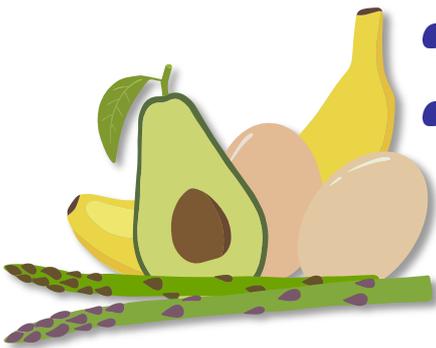


SLEEPING & SITTING



- Try to sleep on your stomach, or on your side at all times.
- Do not lay on your back, no matter what because it causes additional pressure to your lungs and may allow fluid to set in.
- Set your clock every two hours while sleeping on your stomach to get out of bed and walk for 15-30 minutes, no matter how tired or weak that you are.
- Move your arms around frequently, it helps to open your lungs.
- Breathe in through your nose, and out through your mouth. This will help build up your lungs and will help to get rid of Pneumonia or other fluid you may have.
- When sitting in a recliner, sit up straight - do not lay back in the recliner, again this will put pressure on your lungs. While watching TV - get up and walk during every advert break.

FOOD & DRINK



- Eat at least 1 - 2 eggs a day, plus bananas, avocado and asparagus. These are good for Potassium.
- Drink Lucozade, Powerade Zero & Water with Electrolytes to prevent you from becoming dehydrated. Do not drink anything cold - have it at room temperature or warm it up. Water with lemon, and little honey, peppermint tea, apple cider are good suggestions for getting in fluids. No milk products, or pork.

VITAMINS & MEDICATION

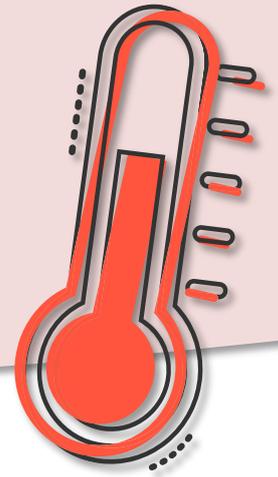
Vitamin's D3, C, B, Zinc, Probiotic One-Day are good ideas. Paracetamol for fever. Mucus clearing cough medicine will help for drainage, plus helps the cough.

Make a smoothie with blueberries, strawberries, bananas, honey, tea and a spoon of peanut butter



TREATING A HIGH TEMPERATURE

- Get lots of rest
- Drink plenty of fluids (water is best) to avoid dehydration – drink enough so your urine is light yellow and clear
- Take paracetamol or ibuprofen if you feel uncomfortable



FEELING BREATHLESS?

It can help to keep your room cool - Try turning the heating down or opening a window. Do not use a fan as it may spread the virus.

Breathe slowly in through your nose and out through your mouth.

Sit upright in a chair and relax your shoulders, so you're not hunched.

Lean forward slightly – support yourself by putting your hands on your knees or on something stable like a chair.

Try not to panic if you're feeling breathless. This can make it worse.

TREATING A COUGH

- Especially when you have a cough, it's best to avoid lying on your back. Lie on your side, your stomach or sit upright instead.
- To help ease a cough, try having a teaspoon of honey. But do not give honey to babies under 12 months. If this does not help, you could contact a pharmacist for advice about cough treatments.

DO NOT GO TO A PHARMACY

- If you or someone you live with has coronavirus symptoms, you must all stay at home.
- Try calling or contacting the pharmacy online instead.

Feeling breathless can be a sign of a more serious coronavirus infection.

If you feel breathless and it's getting worse, get medical advice from the NHS 111 online coronavirus service.

IF YOU NEED HELP WHILST UNWELL AT HOME

NHS Volunteer Responders can help you while you have to stay at home (self-isolate).

They can help with things like collecting shopping and medicines.

Call 0808 196 3646 (8am to 8pm, everyday) to arrange help from a volunteer.

