

*** See your health care provider first for condition management. Use this "Self-Prone" information to supplement your treatment plan for at-home care of COVID-19.**

Patient Information

"Self-Prone Positioning"

These instructions are for patients who have been advised to follow "Self-Prone Positioning". Prone means to position your body so you are lying on your stomach.

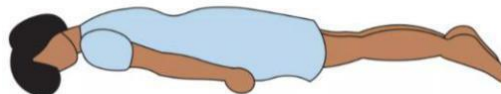
Please try to not spend a lot of time lying flat on your back. Lying on your stomach and in different positions will help your body to get air into all areas of your lungs with the goal to improve your condition.

It is recommended to self-adjust and change your position as often as needed for comfort. Alternate from prone, to partial-prone, and side lying positions as tolerated. Please note sitting up is better than lying on your back:

1. It is best to wait at least 60 minutes after eating to prone.
2. Maintain the prone position as long and as often as you can tolerate.
3. The goal is to prone or partial-prone a minimum of 30 minutes to 4 hours, 2-4 times per day.
4. Adjust the head of bed and pillows as necessary for comfort.
5. Let your caregiver know of any discomfort or skin areas/bony prominences where you are feeling added pressure.

The prone (flat on stomach) position is found to be very beneficial. Rotate side to side or sitting up to stay comfortable. See the following pictures reflecting positions that are ideal.

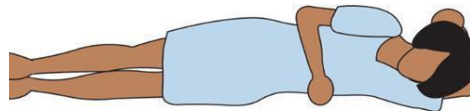
Flat on stomach
(prone)



Right side-lying



Left side-lying



Sitting up,
30-60 degrees

