

## CORONAVIRUS

**STAY HOME  
PROTECT  
THE NHS  
SAVE LIVES**

# PLEASE FOLLOW THIS ADVICE TO HELP YOU RECOVER WELL FROM CORONAVIRUS

Even if you don't feel like it, try to eat well and drink plenty of water to build your energy back up, as long as you are not on any dietary or fluid restrictions

When sleeping or resting, try lying on your front or your side, and not just always on your back, to help your lungs expand more.

If you smoked before you became ill, please don't restart. This will help your lungs recover. Please refrain from drinking alcohol.

This might have been an anxious time for you, maybe even traumatic. If you need support or just someone to talk to then we can offer you help by ringing 01472 256256 option 3 24/7.

Try to do some deep breathing exercises regularly whilst sat in your chair or stood up, to stretch and exercise your lungs.

Don't be afraid to cough to help to clear any secretions away from your lungs, but cough away from other family members and use and dispose of any tissues you use.

Allow yourself to get plenty of rest to help yourself recover. Don't try to over-do it if you're feeling exhausted.

Make sure you get up and move around your room, even if it is just for a few minutes every hour during the day-time.



#NorthEastLincolnshireTogether