

## COVID-19 Home Monitoring Program: Timed Position Changes Instructions

**Timed Position Changes:** You can use the monitor to check your oxygen saturations 15 minutes after each position change to ensure oxygen saturation has not decreased.

- 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
- It is recommended to change your position every 30 minutes to 2 hours rotating as below. Please note sitting up is better than lying on your back.
- Continue to monitor oxygen saturations at 8AM and 1PM.
  1. 30 minutes to 2 hours lying fully prone (bed flat)
  2. 30 minutes to 2 hours lying on right side (bed flat)
  3. 30 minutes to 2 hours sitting up (30-60 degrees) by adjusting head of the bed
  4. 30 minutes to 2 hours lying on left side (bed flat)
  5. 30 minutes to 2 hours lying prone again
  6. Continue to repeat the cycle...

**In pictures:**

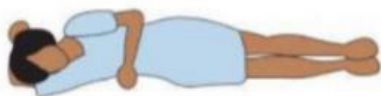
1. 30 minutes – 2 hours: lying fully prone (bed flat)



4. 30 minutes – 2 hours: lying on your left side (bed flat)



2. 30 minutes – 2 hours: lying on your right side (bed flat)



5. Then back to Position 1. Lying fully prone (bed flat)



3. 30 minutes – 2 hours: sitting up (30-60 degrees) by adjusting head of the bed

