

# Management of breathlessness: COVID 19 Outbreak

## Ways to help:

- ◆ Positioning (various advice depending on position: sit upright, legs uncrossed, let shoulders droop, keep head up; lean forward)
- ◆ Relaxation techniques
- ◆ Reduce room temperature
- ◆ Cool the face by using a cool flannel or cloth
- ◆ Portable Fans are **NOT** recommended for use during outbreaks of infection or when a patient is known or suspected to have an infectious agent.

Adapted forward lean for lying



Adapted forward lean for sitting



Make sure you are fully over on your side. Resting your upper arm on a pillow

Relax down onto the pillows as much as possible. Having your legs apart may also help.

Forward lean 1



Forward lean 2



**St Peter's Hospice**  
For Patients, Families and Bristol

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