

Tips and advice for persons experiencing covid-19 symptoms

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Food and drink

- Drink at least 1.5 litres per day, more if you have a fever and/or diarrhoea.
- If you have trouble drinking fluids, you may need fluid replacement,

but also drinks with sugar/carbohydrates are good while you are ill, such as soft drinks, rose hip soup, cordial, juice etc.

It is also important that you get energy and protein to help you recover and reduce the risk of losing muscle mass and muscle strength. So keep in mind:

- It is good to eat small portions, but several times per day. Breakfast, lunch, dinner, and 1-3 snacks.
- Avoid diet and low-calorie products. It can be good to add a dollop of butter, margarine, or oil to your meal.
- Drink energy-rich drinks such as full-fat milk, juice, cordial, soft drinks, or fruit soups.

As you should not meet other people, it is important that you have help with grocery shopping, for example from relatives or neighbours. Many grocery stores offer home delivery, but if you need help with this and you live in Gävle municipality, you can call Gävle's municipal help line.

The help line is open weekdays 9.00–12.00 and 13.00–16.00, call +46(0)26-17 87 00.

If you live in another municipality, please contact your home municipality.

Breathing

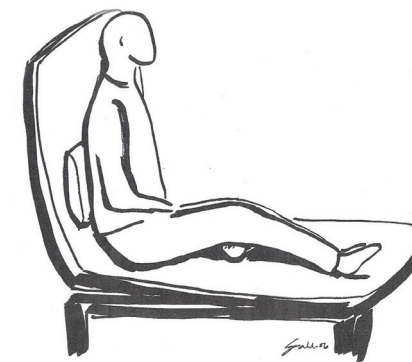
- Try taking 10 deep breaths every hour during the day, to properly fill your lungs with air.
- When you are short of breath, you can try breathing out through tightly pursed lips. Thanks to the resistance that your lips have on your exhalation, your airways stays open and it will be easier to get air down into the lungs.
- Sit up a lot during the days. The more upright the body is, the easier it is to fill your lungs with air.
- It is good to have support for your arms. It helps with your breathing.
- If you can, stand up or walk around the room regularly.
- If you are lying down a lot during the days, remember to change position in the bed frequently.

Talk to your doctor if you have illnesses that clash with these recommendations.

If possible, raise the back of your bed. Otherwise, sit with your back to the wall

- ✓ Hips level with the angle of the bed.
- ✓ Back support raised 90°.
- ✓ Push a cushion down against your lower back.
- ✓ A folded towel is placed under the knees.
- ✓ No cushion behind the head so it can be moved freely.
- ✓ If possible, lower the foot end of the bed.

This helps you sit upright so your lungs are not compressed and you can cough better



Position for sitting in bed to create the best conditions for breathing

Upright seating

- ✓ Easier to coordinate breathing, eating, and drinking.
- ✓ Internal organs are given more space.
- ✓ Maximum lung capacity usage.
- ✓ Better ability to cough.

Bent-forward seating

- The internal organs are pushed together which worsens your lung capacity.
- Your ability to cough becomes worse.
- Coordination for breathing/eating/drinking worsens. You can easily swallow incorrectly.
- The throat is compressed which makes it harder to swallow and increases the risk of reflux.

