

# Best lying and sitting position if you have COVID-19

Respiratory Department

Information for Patients

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**This leaflet has been provided to you as you have, or may have, COVID-19.**

## **Why is it important to change positions and which is best?**

During your illness the aim is to keep a good level of oxygen in your body.

You may be receiving oxygen if you are in hospital. It has also been found that regular changes of body position throughout the day can help to open up different areas in the lungs, which helps to increase the oxygen level in your body.

Lying on your front (prone position) is particularly good for this, as it helps open up the base of your lungs.

Changing from prone position to sitting out in a chair will help you to keep your muscle strength, and stop you from getting pressure sores.

## **How often should I change my position?**

If you are comfortable in prone position, try to spend as much time in this position as possible throughout the day.

Try to change your position every 30 minutes to 2 hours.

Preferably you should try to move as your breathlessness allows, and sit out of bed when not in the prone position.

If you are not able to sit out of bed at the moment, different positions are shown on the next page. If you find that you are uncomfortable in prone position or you have any questions, please ask a member of staff.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Positions

Continue to repeat the cycle below:

### 1. Prone position

Lay on your front and turn your face to one side (taking care of any oxygen mask and tubing). If comfortable try to have one arm rested by your side and the other in line with your head and swap; this will help stop your shoulders getting stiff. Use pillows to aid comfort as shown in the picture.



### 2. Side position

Lay on your right or left side (taking care of any oxygen mask and tubing). Use pillows to aid comfort as shown in the picture.



### 3. Sit up right

Sit out in a chair (with help from ward staff if needed). Leaning forward onto knees/ pillow or a table can help reduce your breathlessness (as shown below), **or** raise the head of the bed using the bed controls and/ or pillows as shown below.





