

Instructions for Patients with Cough or Trouble Breathing

Do not spend a lot of time lying flat on your back. Lying in different positions will help your body get air into all areas of your lungs.

Your health care team recommends trying to change your position every 30 minutes to 2 hours. Sitting up is better than lying on your back.

If you are able, please try lying in the following positions:

Position 1

LIE ON YOUR STOMACH

for 30 minutes to 2 hours.



Position 2

LIE ON YOUR RIGHT SIDE

for 30 minutes to 2 hours.



Position 3

SIT UP

for 30 minutes to 2 hours.



Position 4

LIE ON YOUR LEFT SIDE

for 30 minutes to 2 hours.



REPEAT THE SEQUENCE, STARTING WITH POSITION 1.

QUESTIONS?

**Call your clinic or the Avera Medical Call Center at
1-877-AT-AVERA (1-877-282-8372)**

This number is answered 24/7 by a registered nurse with access to on-call doctors. Please select the prompt for COVID-19. Our trained team is happy to help you with your questions.



Avera's mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values. If you think you may have problems paying part of your bill, contact your local business office or billing staff.

We can discuss payment options that may be available to you.