

# How to Self-Prone

## Instructions for COVID-19 Patients and Caregivers

- Lying on your belly and in different positions will help your body to get air into all areas of your lungs. You may want to use pillows when lying on your side.
- **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 this:**

1. 30 minutes up to 2 hours: lying on your belly
2. 30 minutes up to 2 hours: lying on your right side
3. 30 minutes up to 2 hours: sitting up either in bed or in a chair
4. 30 minutes up to 2 hours: lying on your left side; then back to position #1

**And repeat...**

1. 30 minutes to 2 hours: lying on your belly



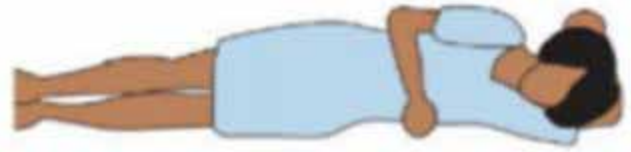
2. 30 minutes to 2 hours; lying on your right side



3. 30 minutes to 2 hours: sitting up



4. 30 minutes to 2 hours: lying on your left side

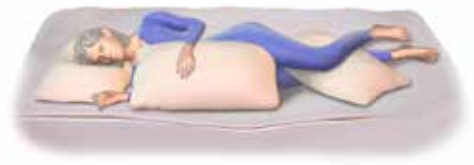


5. Then back to position #1: lying on your belly



**Alternate between side-lying positions and consider adding a pillow to support:**

- › Right/left side up with pillows for support to the legs, hips, back, and chest (instead of numbers 2 or 4).



- › Right/left side slightly supported to be up with pillows to the leg, hip, neck, and arm (instead of completely doing 1).



**What are your questions? Please ask.  
We are here to help you.**

**In Nova Scotia you can call 811 to talk with  
a registered nurse about your health care  
questions 24/7.**

*Prepared by: Acute Care and Critical Care, Central Zone, adapted from the Intensive Care Society, United Kingdom  
Illustrations by: Jiang, L. G., et al. (2020). Figure 1. Conscious proning: An introduction of a proning protocol for nonintubated, awake, hypoxic emergency department COVID-19 patients. Academic Emergency Medicine, 27(7), 566–569. <https://doi.org/10.1111/acem.14035>; BruceBlaus, CC BY-SA 4.0 via Wikimedia Commons.*

*Designed by: Nova Scotia Health Library Services*

The information in this pamphlet is for informational and educational purposes only.  
The information is not intended to be and does not constitute health care or medical advice.  
If you have any questions, please ask your health care provider.