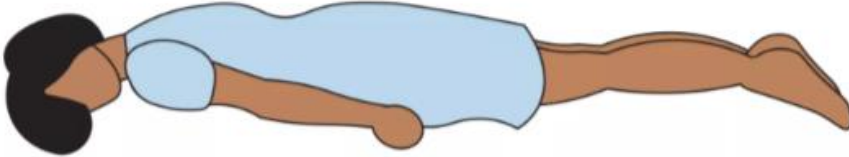


# Instructions for Awake Self-Proneing:

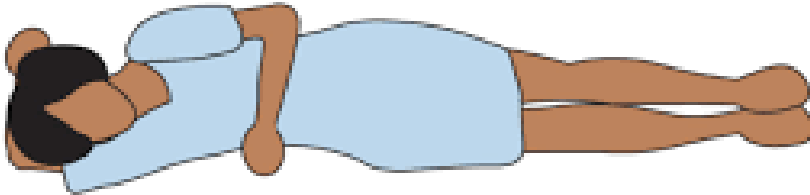
Please try to not spend a lot of time lying flat on your back! Laying on your stomach and in different positions will help your body to get air into all areas of your lung.

Your healthcare team recommends trying to change your position every 30 minutes to 2 hours and even sitting up is better than laying on your back. **If you are able to, please try this:**

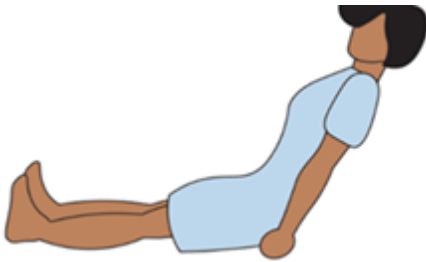
## **1. 30 minutes – 2 hours: laying on your belly**



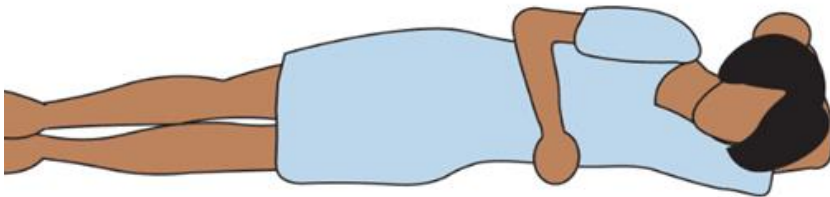
## **2. 30 minutes – 2 hours: laying on your right side**



## **3. 30 minutes – 2 hours: sitting up**



## **4. 30 minutes – 2 hours: lying on your left side**



## **Then back to Position 1. Lying on your belly!**

