**Health Advisory**

**All you must know**

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**Proning for Self Care in COVID-19**  
**Practice when you are well, Do it when you are ill!**

Proning is the process of turning patients, from their back onto their stomach, to lie face down. Proning is a medically accepted position that improves breathing comfort and oxygenation and is beneficial in COVID-19 patients, especially during home isolation when asymptomatic or having mild illness.

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**SpO₂**

Proning is required only when the patient feels difficulty in breathing and the SpO₂ decreases below 94.

![SpO₂ Monitor](image)

Regular monitoring of SpO₂, along with temperature, blood pressure and blood sugar, is important during home isolation.

![Monitoring Instruments](image)

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**Avoid proning in**

- Pregnancy
- Deep venous thrombosis.
- Major cardiac conditions.
- Unstable spine, femur, or pelvic fractures.

**Remember**

- Avoid proning for an hour after meals.
- Maintain proning for as much time as tolerable.
- Pillows may be adjusted slightly to alter pressure areas for comfort.

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**Positioning of pillows**

- One pillow below the neck.
- One or two pillows below the chest through upper thighs.
- Two pillows below the shins.

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**#OneAgainstCovid**

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