It is important to keep your lungs healthy because the virus can move down your respiratory tract and enter your lungs making it difficult to breathe.

1. **DEEP BREATHING**
   - Lie on your back
   - Place your right hand on your abdomen and your left hand on your mid-chest
   - Breathe in slowly and deeply through your nose. Your abdomen should rise but your chest should remain still.
   - Breathe out slowly through your mouth
   
   *Breathe 10 times, 3 times per day*

2. **LOWER RIB BREATHING**
   - Sit tall in a chair with your arms at your sides
   - Breathe in and focus on only expanding the bottom portion of your rib cage
   - Exhale and repeat
   - Remember to keep your shoulders relaxed

   *Breathe 10 times, 3 times per day*

3. **PURSED LIP BREATHING**
   - Sit in a comfortable position
   - Breathe in slowly and deeply through your nose
   - Purse your lips and exhale. (Exhaling should be relaxed – no abdominal muscle tightening)

   *Breathe 10 times, 3 times per day*

4. **WINDMILL BREATHING**
   - Stand with your heels and toes together
   - Exhale and let your body relax as shown
   - Begin breathing in while lifting your arms out to the side and up. Keep your palms facing upward.
   - Continue inhaling until your arms are overhead and you rise up on your toes.
   - Stand with your heels and toes together

   *Breathe 10 times, 3 times per day*

Please contact your medical provider if these exercises worsen or prolong your symptoms & before beginning more rigorous exercise.

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