

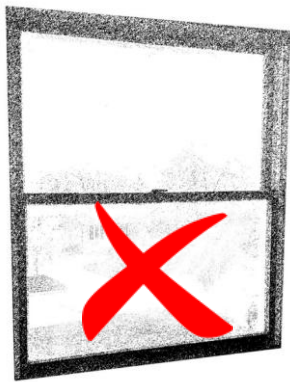
What to do if your resident is **Short of Breath** and you suspect **COVID-19!**

What you might see if the resident is experiencing shortness of breath:

- Pauses to breathe with activity (walking, talking, eating)
- Gasps for breath when moving or at rest
- Opens mouth wide to get more air
- Purse lips when breathing
- Uses accessory muscles to breathe
- Moves, changes position in attempts to increase lung capacity (bends over with elbows on knees to catch breath)
- Feels anxious and/or agitated

What to do:

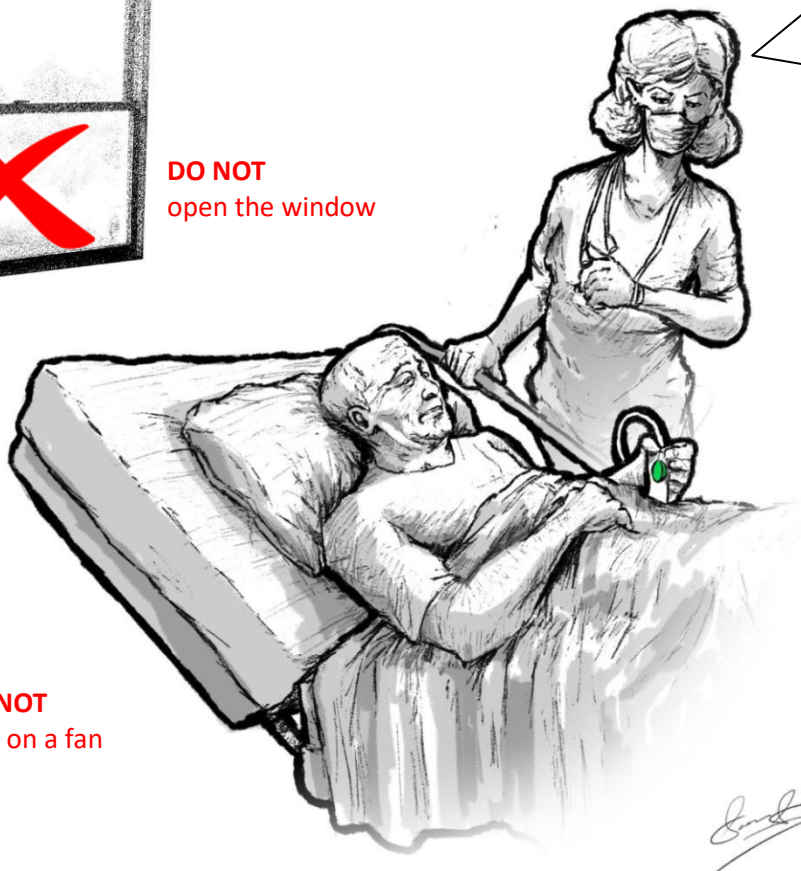
- **Remain calm & stay with the resident**
- Use call bell to get assistance
- Position resident upright
- Provide reassurance - acknowledge that feeling short of breath is frightening
- Use a calm low voice, instruct resident to breathe slowly (in through the nose, out through the mouth)
- If they are not able to follow instructions, have resident focus on you, while demonstrating the breathing technique.



DO NOT
open the window



DO NOT
turn on a fan



Mr. Smith let me use your call bell to get help. I'm going to stay with you.

Smith 2020