

How To Care For Yourself At Home



***Drink Drink Drink.** Many people end up in the ER due to **dehydration**. Vomiting and diarrhea will make this worse. Drink at least 8 glasses of water. Gatorade or Pedialyte are good if you do have vomiting or diarrhea. The **signs of dehydrations** include – lightheadedness, decrease urination, confusion and decrease energy.

***For pain or fever take Tylenol.** Use the instructions and doses on the bottle.

***Movement** – Even though you want to lie down and rest, which is important, you still want to move around regularly. You should move around the room, sit up and deep breathe. When lying down, please lie on your side and change position.



***Deep Breathing** – Another important thing to do to help your lungs is to do breathing exercises. Breathe deeply and hold for at least 5 seconds then release. Do this five times then cough very deeply. Do this throughout the day.