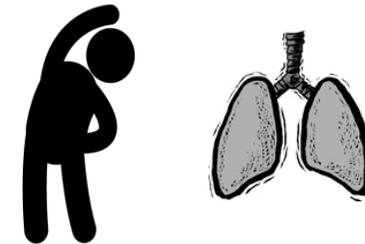


## Useful Contact Details

- East Lothian: Carers of East Lothian (0131 665 0135)  
<https://www.coel.org.uk/>
- Edinburgh: Vocal support for carers (0131 622 6666)  
<https://www.vocal.org.uk/>
- Midlothian: Vocal support for carers (0131 663 6869)  
<https://www.vocal.org.uk/how-vocal-can-help-for-carers/midlothian/>
- West Lothian: Carers of West Lothian (01506 448 000)  
<http://carers-westlothian.com/>



## COVID-19



This leaflet was compiled by NHS Lothian Physiotherapy Services.  
COVID-19 Physiotherapy guide for patients. April, 2020.

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## Physiotherapy guide for family members and carers

## Top tips to support your family member in their recovery from COVID-19

- ❖ Adhere to the government advice on staying home and self-isolation as appropriate
- ❖ Encourage your family member to carry out light to moderate exercise. If you are physically able to and live in the same household you could do this together. Wear comfy shoes and loose fitting clothes
- ❖ Encourage your family member to pace themselves and build up slowly
- ❖ Encourage your family member to take rests as and when they need to during tasks and activities. You may notice they are more short of breath or tired than normal
- ❖ Encourage your family member to make time to do things they find relaxing. You might enjoy doing this together
- ❖ Stay in touch with your family member and / or support them to stay in touch with others using the telephone or internet
- ❖ Looking after your own health and well-being is vital – your needs are important too



## Supporting exercise and physical activity

### Why exercise is important

Exercise can help you to build up and maintain strength and flexibility. It can also make you feel better. Doing regular exercise helps you to be more independent and do the things you enjoy.

### How much exercise

- ✓ Encourage your family member to start slowly with gentle exercise and then aim to build up to 30mins of exercise as their symptoms improve.
- ✓ Light to moderate exercise means you should be slightly out of breath but able to talk comfortably

