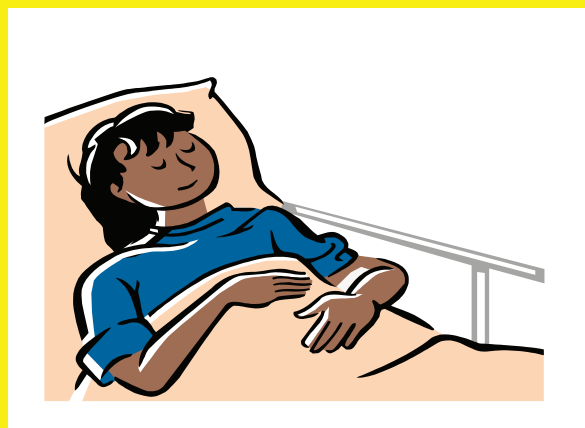


# Prevent Pneumonia and Urinary Tract Infections



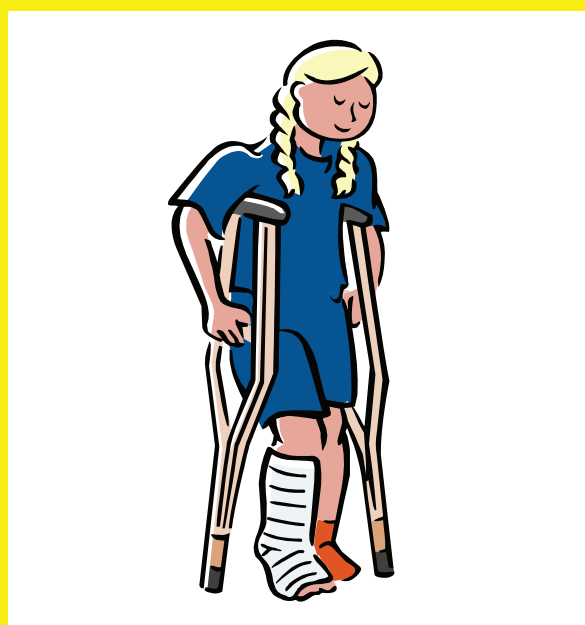
**Keep head of bed at 30 degrees and foot of bed at 15 degrees, unless instructed not to do so.**



**Do deep breathing and coughing at least 10 times every hour.**  
Use an incentive spirometer if given to you.

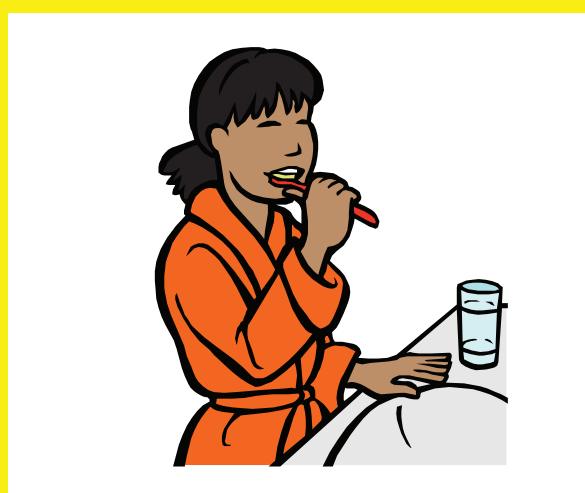


**Sit on the edge of the bed as soon as you can.**  
Sit in a chair for meals or sit up in bed.



**Walk 1 to 3 times every day.**  
If pain prevents you from getting up, ask for pain medication.

**Ask for your urinary catheter to be removed** if you have one.



**Clean your teeth and mouth 2 to 4 times every day.**  
Ask a family member to pick up oral care supplies for you.

[www.fraserhealth.ca](http://www.fraserhealth.ca)

The information in this document is intended solely for the person to whom it was given by the healthcare team.