COVID-19: Move Toward Recovery

Your care team is here to help you heal from COVID-19, which includes helping you stay active. Together, you will set a mobility goal each day to reach your highest level of mobility.

### Move Near Your Bed
- Stand beside bed
- Put on clothes
- Move to chair
- Eat in chair

### Move Around the Room
- Walk to bathroom
- Brush teeth in bathroom
- Increase how often you walk
- Walk around prior to eating meals