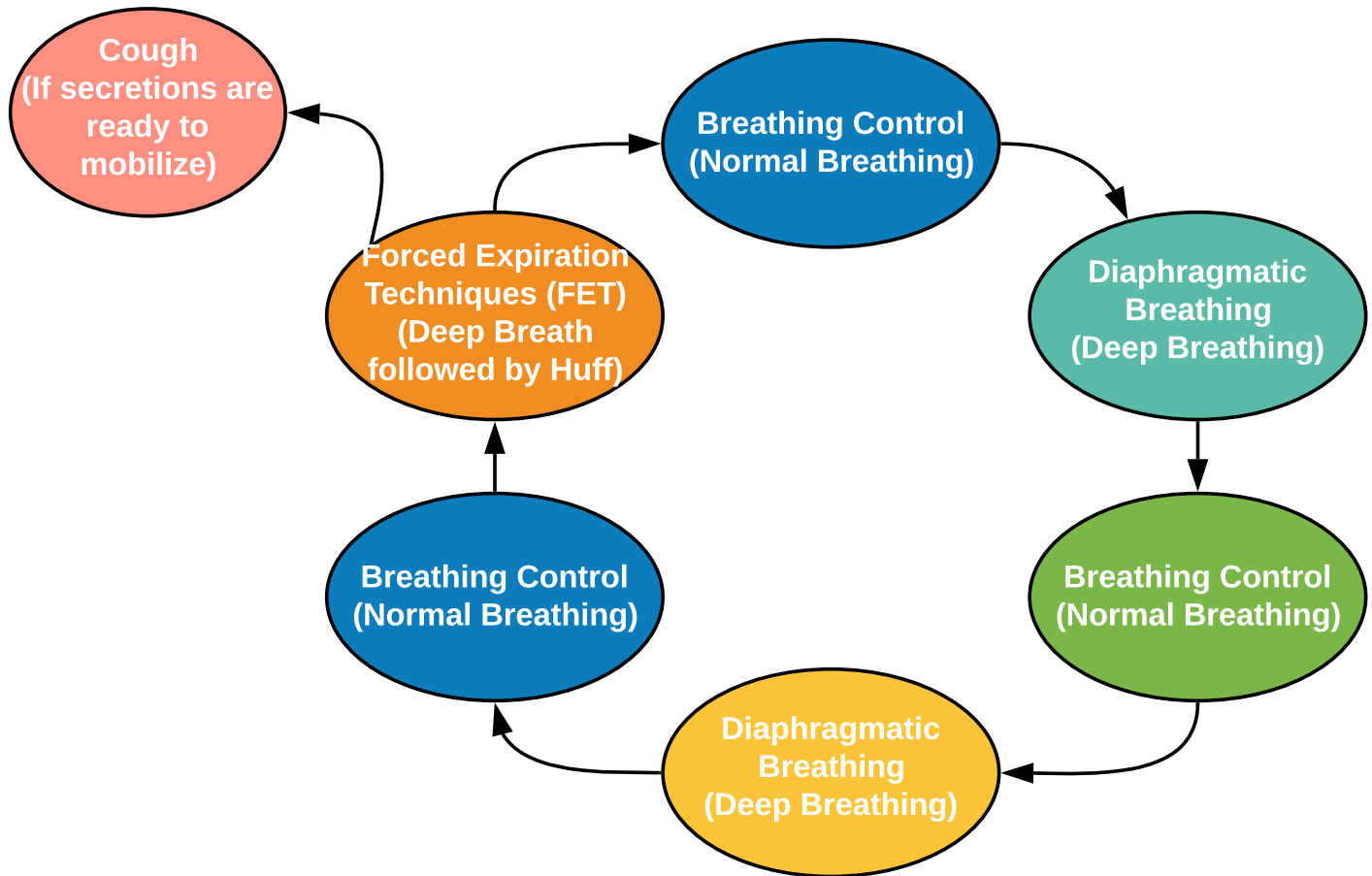


The Active Cycle of Breathing



Remember Cough Hygiene!

- Cover your cough with a tissue
- If you have a known infection, do not cough around others
- Discard all tissues immediately
- Wash your hands after performance

Perform 3 times per day:

- After each meal
- 3 Cycles per performance or until you have a productive cough
- If nothing is coming out, try laying on your side or stomach when performing

Do not swallow your secretions!

- Check the color: green, pink, or brown means call your doctor!

Drink lots of water if your condition allows it!