

NAVIGATING COVID-19 AND CHEST BINDING

8 TIPS TO LOOK AFTER YOUR RESPIRATORY HEALTH FOR
TRANS AND NON BINARY PEOPLE WHO BIND THEIR CHEST



THIS RESOURCE WAS CREATED BY

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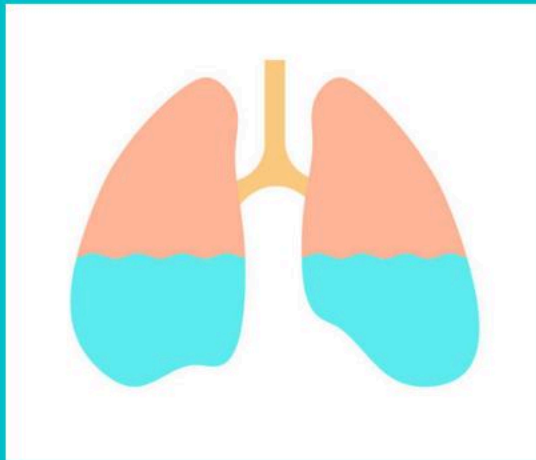
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TRANS AND NON-BINARY PEOPLE WHO BIND THEIR CHEST ARE AT MUCH HIGHER RISK OF COMPLICATIONS FROM COVID-19. IF YOU HAVE ASTHMA OR RESPIRATORY ILLNESS, THIS IS PARTICULARLY IMPORTANT.



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IF YOU HAVE A COUGH, THE MEDICAL RECOMMENDATION IS TO AVOID BINDING, AS IT CAN LEAD TO A FLUID BUILD-UP IN THE LUNGS. PNEUMONIA IS A COMPLICATION ASSOCIATED WITH COVID-19, AND RESPIRATORY ILLNESS CAN BE EXACERBATED BY CHEST CONSTRICTION.



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IMAGE: SAM ORCHARD COMICS @ROOSTERTAILS

IT IS RECOMMENDED TO AVOID BINDING IF YOU ARE SICK.
IF THIS DOES NOT FEEL POSSIBLE FOR YOU, CONSIDER IF YOU
HAVE WORN-IN BINDERS THAT COULD BE WORN SPARINGLY,
OR TIGHT SINGLETS OR SHIRTS TO WEAR UNDER CLOTHES.

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ONCE YOU TAKE YOUR BINDER OFF, BE SURE TO
COUGH. THIS HELPS TO LOOSEN YOUR UPPER BODY,
EXPAND YOUR LUNGS TO THEIR FULL CAPACITY AND
STRETCHES THE MUSCLES BETWEEN YOUR RIBS.

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COUGHING CAN INCREASE MUSCULOSKELETAL SORENESS.

WHEN YOU COUGH REPEATEDLY UNDER COMPRESSION, YOUR
MUSCLES CAN BECOME TIGHT AND SORE.

REMEMBER TO STRETCH YOUR UPPER BODY FREQUENTLY, TO
REDUCE THE RISK OF STRAINING YOUR BACK AND/OR NECK, OR
CRACKING A RIB.

HERE ARE SOME SUGGESTED STRETCHES.



Leremy / Getty Images

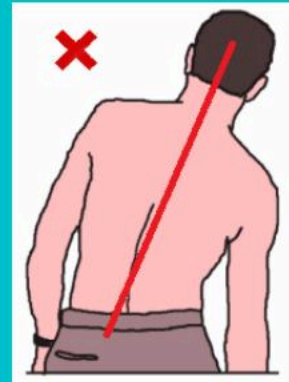
JACK METCALFE AND AMELIA ARNOLD, 2020.

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IF YOU HAVE BEEN COUGHING FOR A WHILE, YOUR
MUSCLES MAY BE TIRED AND INJURY CAN BE MORE LIKELY.

IF YOU NEED TO HAVE A BIG COUGH, TRY TO KEEP YOUR
SPINE STRAIGHT AND FACE FORWARD TO MINIMISE INJURY.

AVOID TWISTING AS YOU COULD CAUSE INJURY.



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WHERE POSSIBLE, GIVE YOURSELF A TOTAL BREAK FROM YOUR BINDER. IF YOU HAVE TO BE OUT IN THE WORLD, CONSIDER FINDING A BATHROOM STALL WHERE YOU CAN TAKE YOUR BINDER OFF AND DO SOME DEEP BREATHING.

belly breathing



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SEEKING MEDICAL SUPPORT FOR SYMPTOMATIC CASES OF
COVID-19 IS INCREDIBLY IMPORTANT.

YOU MAY NEED TO ATTEND A MAINSTREAM HEALTH SERVICE
IF YOU BECOME UNWELL.

IF YOU HAVE TO ATTEND A MAINSTREAM SERVICE,
CONSIDER GOING WITH A FRIEND OR
SUPPORT PERSON IF POSSIBLE.



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FINAL THOUGHTS

1. CALL YOUR LOCAL CORONAVIRUS HOTLINE TO ASK IF YOU NEED TO GET TESTED. ASK WHAT TESTING INVOLVES.
2. REMEMBER TO CEASE OR BE SPARING WITH BINDING IF UNWELL
3. STRETCH AND FACE FORWARD WHILST COUGHING
4. REMEMBER DEEP BREATHING EXERCISES
5. KEEP UP TO DATE WITH YOUR LOCAL DEPARTMENT OF HEALTH, CDC AND WORLD HEALTH ORGANISATION COVID-19 RESPONSE GUIDELINES

REFERENCES:
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