What is respiratory rate? How can I count it?

The respiratory rate is the **number of breaths someone takes every minute.** It is measured when a person is at rest.

A **high respiratory rate** may indicate **breathing difficulty** and a **need for oxygen therapy.**

Steps

1. Sit down comfortably on a chair or bed or lie down on your back.

2. Keep your body relaxed. Keep a hand over your chest.

3. Rest for 5 minutes and then start.

4. Breathe naturally.

5. **One chest rise and fall is counted as one breath.** Count for 1 minute using a watch.

If you have no symptoms or mild symptoms, check twice a day.

A normal count in adults is 12-16 times in a minute.

If the count is higher than 20, inform your doctor /telemedicine helpline and follow the advice.

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