

Table S1. Design of Study

	Quiet breathing	Exercise	Cough	Forced Expiration	Talk	Shout
No device	✓	✓	✓	✓	✓	✓
Surgical mask	✓	✓	✓	✓	✓	✓
HFNO*	✓ 20, 40, 60	✓ 60	✓ 60	✓ 60	✓ 60	✗
NIPPV†	✓ 5/5 to 25/10	✓ 20/10	Single	✗	✗	✗
			Dual	✗	✗	✗