



TOP TIPS TO KEEP YOUR LUNGS HEALTHY

Do you have a long-term lung problem?

Keep warm and drink plenty of fluids.

Heat your home to at least 18°C. Worried about heating costs? You may be able to get help paying your heating bills. Find out by ringing 0300 555 0195 (North London) or 0808 169 1779 (South London). Keeping hydrated makes sputum/phlegm easier to clear.



Stay active, stay well.

Walking or cycling is good for us all, and the environment. If new to exercise, please check with your healthcare professional if you are safe to do so. They can also tell you if you are suitable for a referral to Pulmonary Rehabilitation (Exercise and education classes). When exercising outdoors try to avoid very hot or very cold days.



Consider the air quality outside.

Air pollution can cause people with lung disease to become ill. www.airtext.info can send you alerts via text or landline voicemail. This enables you to manage your activity on days when air quality is poor. Plan your journey with the [Clean Air Route Finder](#). It can help find low pollution walking and cycling routes in London.



Find it at: www.gov.uk/what-we-do/environment/pollution-and-air-quality

Keep up to date with vaccinations.

- Yearly influenza (flu) vaccination
- Covid-19 vaccinations or boosters
- Pneumonia vaccination which may only be required once in a lifetime.

Please speak to your GP, practice nurse or pharmacist if you are unsure.



Quit smoking.

Smoking can make you more likely to get an infection in your lungs. You're three times more likely to quit with free NHS help. Contact your local stop smoking service or call the national helpline on [0300 123 1044](tel:03001231044).

There is also advice online at: www.nhs.uk/live-well/quit-smoking. E-cigarettes / vaping are a helpful way of quitting smoking.



Stay on track with your regular medicines (including inhalers).

Take them regularly and at the correct dose. Plan ahead so that you don't run out and ask your GP, nurse, or pharmacist to check your inhaler technique.



Take time to put a self-management plan in place.

This should be done with your healthcare provider. Follow your plan if you start to become unwell. Call your GP or respiratory team for help if you are not sure which medicine to take.

