Poor lung health affects 1 in 6 Kiwis.

Why not take a minute to check in with yours?

**DO YOU:**

- Get breathless more easily than others your age? Y / N
- Experience chest tightness or wheeze? Y / N
- Cough up mucus, phlegm or blood? Y / N
- Have frequent chest infections? Y / N
- Have a new, persistent or changed cough? Y / N
- Experience chest pain, fatigue or sudden weight loss? Y / N

**CHECK IN with your lungs**

If you answered yes to any of these questions, your lung health could be at risk... particularly if you:

- Smoke or have ever smoked? Y / N
- Work or worked in a job that exposed you to dust, gas or fumes? Y / N
- Speak with your doctor about your symptoms and take this Lung Health Checklist along to your appointment.

The Asthma and Respiratory Foundation NZ is a not-for-profit organisation committed to those affected by asthma and other respiratory illness. For more information call 04 499 4592, email info@asthmaandrespiratory.org.nz or visit asthmaandrespiratory.org.nz

Checklist based on Lung Foundation Australia’s Lung Health Checklist and has been reproduced with permission. Visit lungfoundation.com.au