

Erin and Issac's Healthy Lungs Tips



**Breathe
Better
September**

Environment



- Air out your house on fine days
- Use extractor fans to remove moisture
- Use an electric or flued gas heater
- Insulate ceilings and floors
- Make your home smokefree
- Remove mould and repair any leaks
- Wipe away condensation



Living in a dry and warm environment is good for everyone, and is vital to reduce the risk of respiratory disease. Making your home dry, warm and pollution-free can also save you money and energy.

Lifestyle

- Keep active and exercise regularly
- Eat a balanced diet
- Be smokefree
- Reduce your stress levels



Physical activity improves your lung capacity, blood flow, as well as your muscles and joints. Maintaining a healthy weight is important, as obesity can have serious effects on the lungs and breathing.

Healthcare

- Get a flu vaccination every March
- Take medications as prescribed
- Visit your GP regularly
- Always wash hands to reduce germs



It is important to build a partnership with your GP and nurse and follow their advice.

A self-management plan is important for effective management for those with asthma or chronic obstructive pulmonary disease (COPD).