

## Ways to help your lungs

This handout offers tips about keeping your lungs healthy.

### Stay away from dirty or smoky air

- Leave the room if it is being dusted or vacuumed
  - Wear a mask or scarf over your nose and mouth if you do house cleaning
- Do not go to places where soil is being moved
  - New building sites
  - Gardens
- Do not smoke or be around people who are smoking
- Do not use a wood fireplace or a wood stove

### Do not use air sprays

- Do not use spray air fresheners
- Do not use spray house cleaners
- Do not use strong smelling cleaners or soaps

### No mold or mildew in your home

- Check and clean places where water collects and may cause mold or mildew
  - Bathroom sink and tub
  - Window sills
  - Kitchen sink
  - Basement floor and walls
  - Indoor plants and cut flowers
  - Drip pans from refrigerators, humidifiers, and air conditioners

### Stay away from sick people

- Stay 3 feet away from people who have a cold or the flu
- Try not to go to crowded places
- Wash your hands before you eat

---

The content in this letter is intended as general information and may not apply to you or your condition. Talk to your doctor about how to best use this information and how to take care of your medical condition. This information is not intended to provide or replace professional medical advice or services.

---