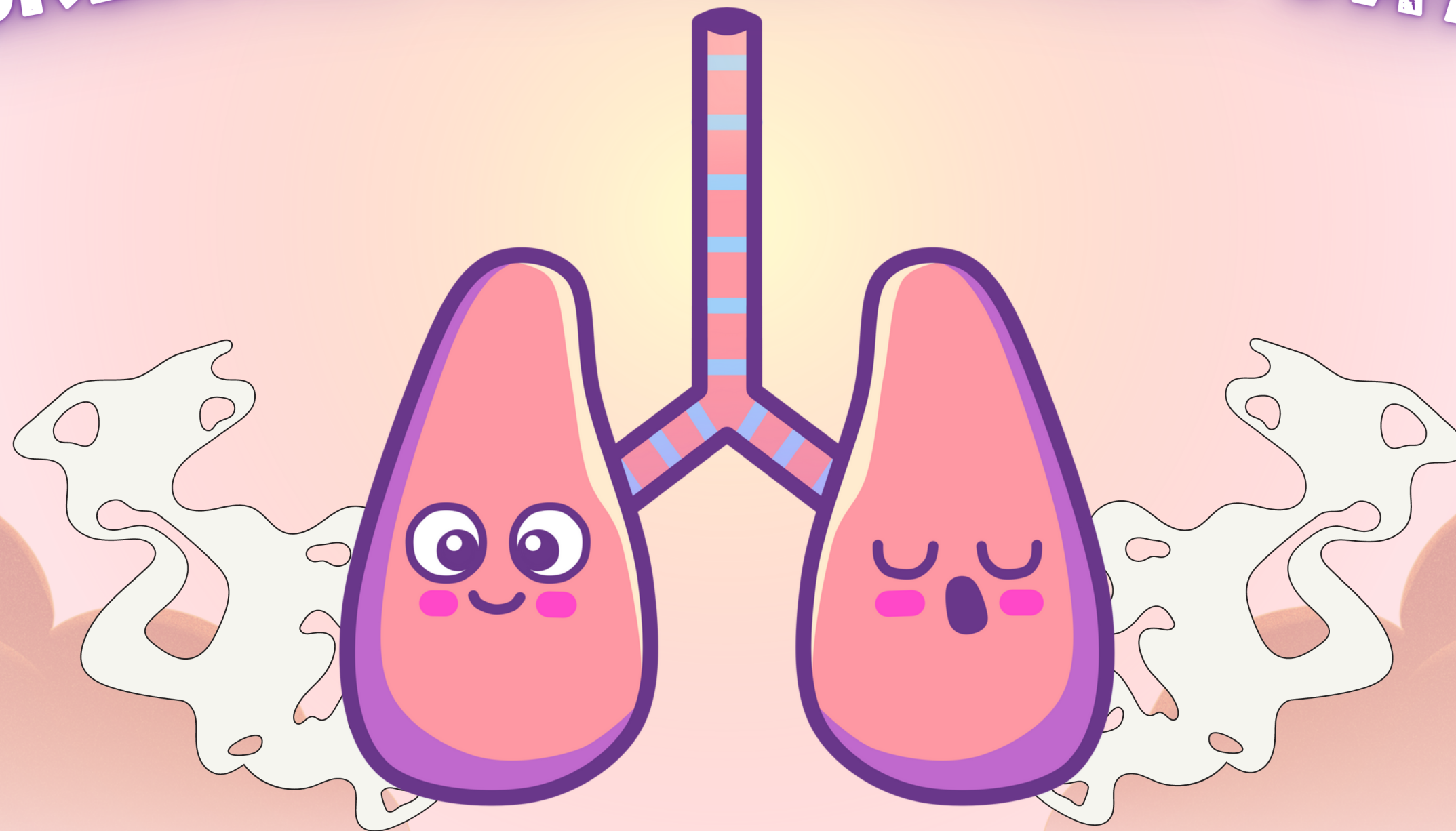


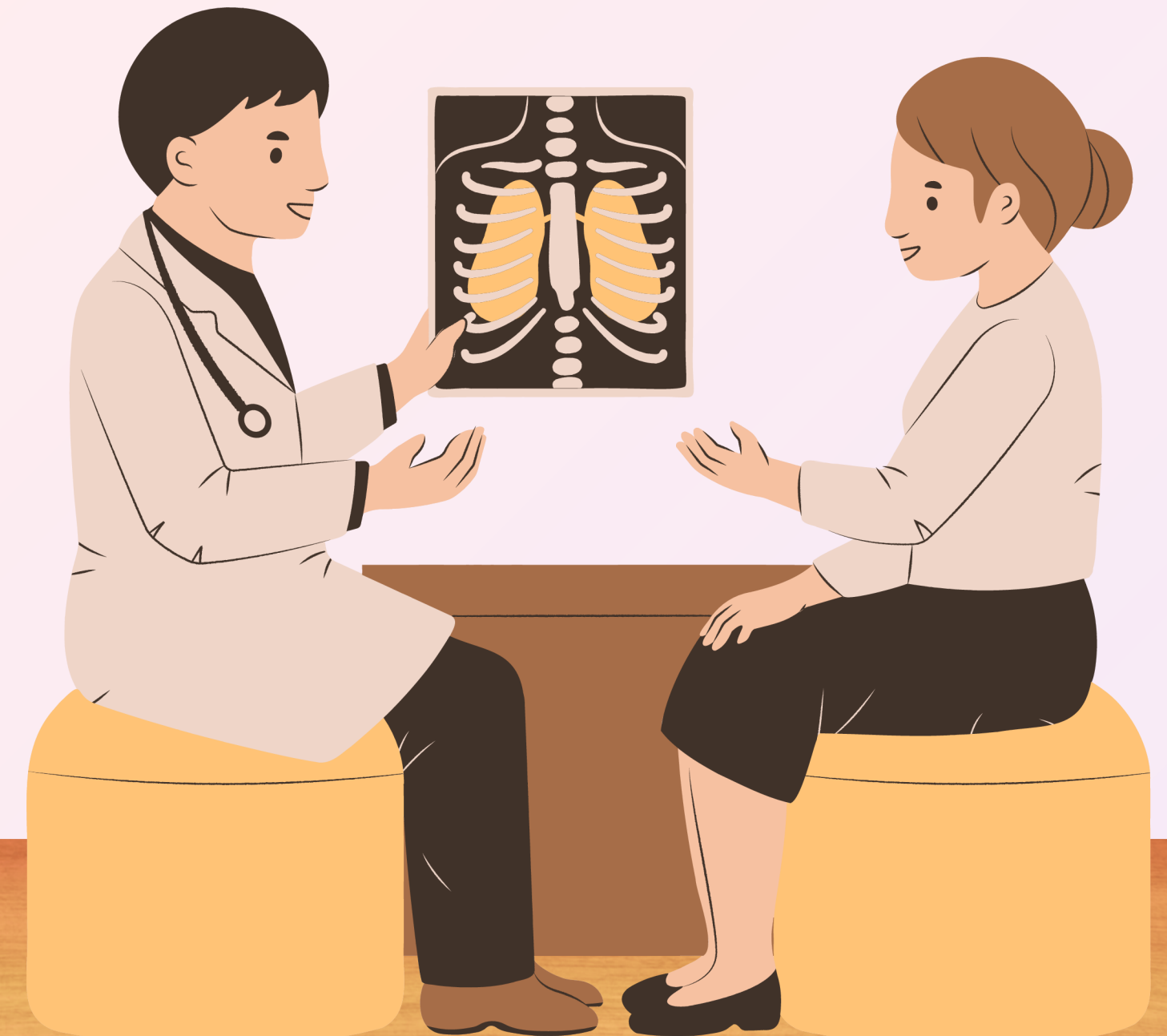
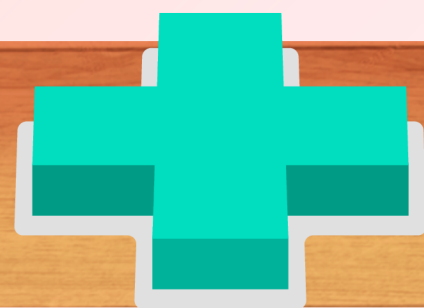
LUNG HEALTH :

BREATHE BETTER EVERY DAY



WHY LUNG HEALTH IS IMPORTANT

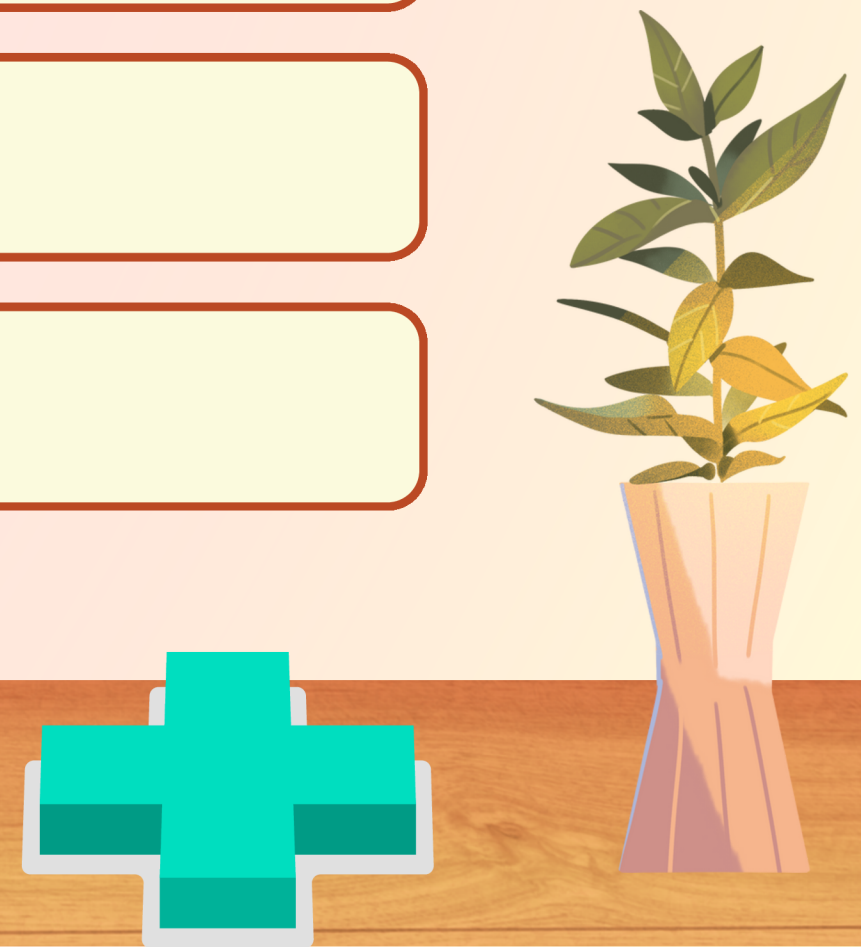
- to promote prevention, diagnosis and treatment of lung conditions
- overall mental and physical wellbeing
- stronger immune system





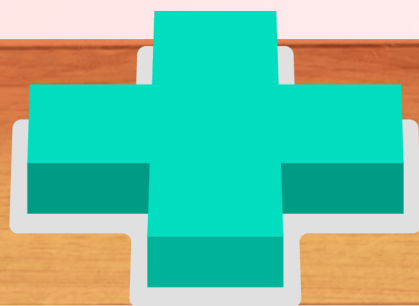
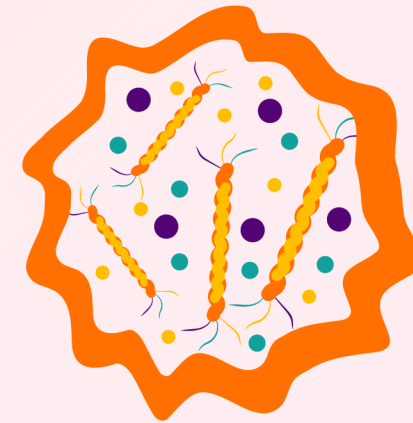
WHAT CAN HARM YOUR LUNGS?

- air pollution
- Being around smoke
- indoor air quality
- genetics



COMMON LUNG PROBLEMS

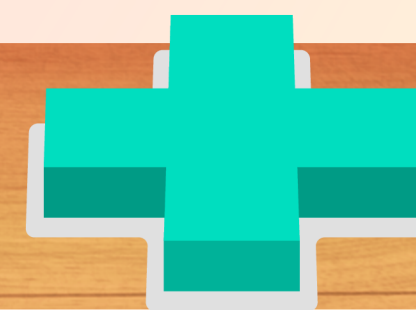
- Coughing a lot
- Feeling out of breath
- Breathing with a wheeze or whistle sound





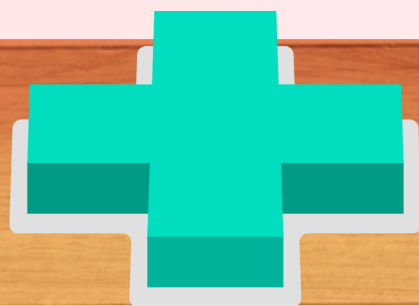
SIGNS TO WATCH FOR

- Cough that won't go away
- Hard time breathing after light activity
- Feeling like you can't get enough air
- Chest feels tight or uncomfortable



HOW TO KEEP YOUR LUNGS HEALTHY

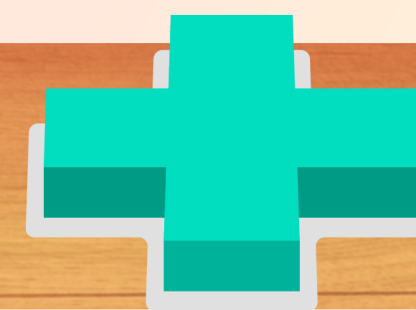
- managing stress
- avoid harmful substances
- getting regular checkups - lungtesting
- minimize exposure to pollutants





EAT HEALTHY FOR BETTER BREATHING

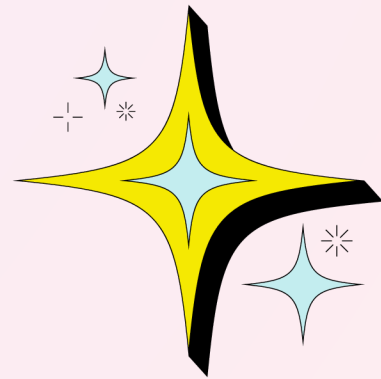
- Fruits like oranges and berries
- Vegetables like carrots and spinach
- Whole grains and plenty of water
- Less soda and fried foods



EXERCISE HELPS YOUR LUNGS

- Walking, dancing, swimming, or playing sports
- Helps your lungs work better
- Makes it easier to breathe every day





KEEP GERMS AWAY

- Wash your hands often
- Stay home if you're not feeling well
- Keep your surroundings clean
- Wear a mask in dusty or crowded places if needed



THE GOAL IS TO RAISE AWARENESS OF LUNG HEALTH

