



Living well with a lung condition

Respiratory disease affects one in five people in the UK. If you are living with a lung condition, there are things you can do to look after yourself and your lungs.

Manage your health. Make sure you:

- Understand your condition and how it affects your lungs
- Recognise your triggers. These are things that irritate your lungs, making your symptoms worse. Consider keeping a diary to track your triggers
- Are confident with your medications and how to take them. If you are unsure, ask your pharmacist or healthcare team

Contact your healthcare team if you notice any of the following:

- Increased shortness of breath and/or wheezing
- Chest tightness
- Increased cough with or without mucus
- A change in the amount, colour or 'stickiness' of the mucus

Take care of yourself:

- Stay active and eat well
- If you smoke, seek help to stop
- In winter - keep warm, get your vaccinations and check the weather before going out

Stay well:

- Wash your hands regularly
- Wipe down surfaces with anti-bacterial products
- Keep your equipment, like spacers, clean
- In winter, avoid crowded places and confined spaces
- Stay away from people who are unwell



Visit frimleyhealthandcare.org.uk/respiratoryconditions for more information.

