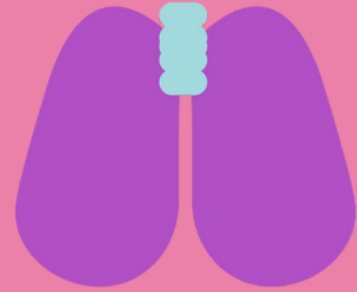


Tips and Resources

Lung Health



Sometimes we take our lungs for granted. They keep us alive and well, and for the most part, we don't need to think about them. That's why it is important to prioritize your lung health.

Here are some ways to keep your lungs healthy:

DON'T SMOKE

Cigarette smoking is the major cause of lung cancer and chronic obstructive pulmonary disease. If you smoke, it's never too late to benefit from quitting.

AVOID POLLUTANTS

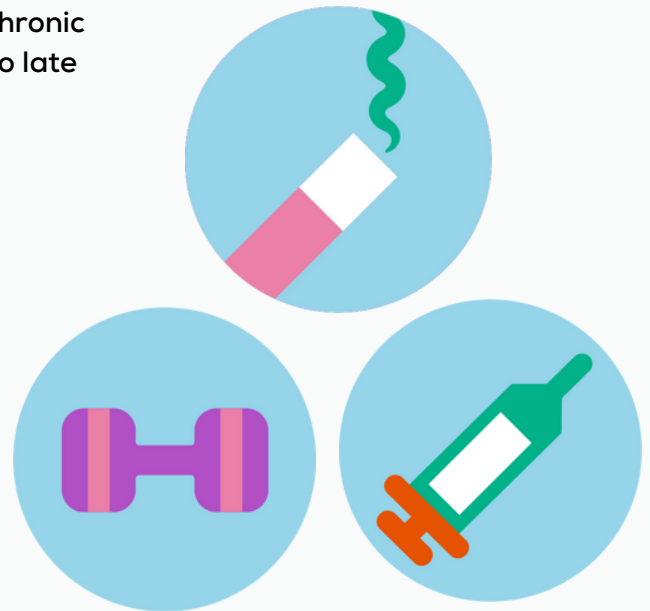
Secondhand smoke, chemicals in the home and workplace, and radon all can cause or worsen lung disease. Make your home and car smokefree.

EXERSIZE

Whether you are young or old, slender or large, able-bodied or living with a chronic illness or disability, being physically active can help keep your lungs healthy.

PREVENT INFECTIONS

A cold or other respiratory infection can sometimes become very serious. Get vaccinated, wash hands often, and have good oral hygiene.



Get regular checkups and ask your healthcare provider for more information.

For more information visit: [lung.org](https://www.lung.org)