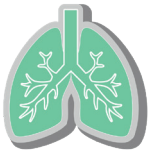




Look after your lungs



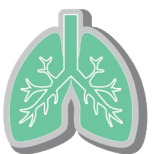
Stop smoking to breathe more easily, have more energy & live longer.



Avoid dust, smoke, pollen, pollution & extreme weather, which can all impact your breathing. Check before you travel.



Visit your GP if you have a cough that's not going away, wheeziness or shortness of breath.



Take an online breath test to understand your risk of lung disease - visit breathtest.blf.org.uk



For medical advice call 111