

CHECK IN WITH YOUR LUNGS

It's important to take care of your lungs. Symptoms of lung disease can creep up slowly. Sometimes you might change the way you do things rather than get help.

Check out how healthy your lungs are too. Over the page are eight simple questions for you to answer.

Encourage your mob to check in with their lungs too.



when you can't breathe... nothing else matters®











Queensland
Government

Turtle artwork artist - Jordana Angus



Indigenous Lung Health Checklist

Do you or a loved one:

-  Cough? Or do you have a cough that won't go away?
-  Cough up phlegm, mucus or blood?
-  Run out of breath easier than people your age?
-  Feel tight in the chest or wheezing?
-  Get chest infections all the time?
-  Have any chest pain?
-  Always feel tired?
-  Find you've lost a lot of weight all of a sudden?

If you answered yes to any of the above questions, your lungs could be at risk... particularly if you or a loved one:

- Are a smoker or ex-smoker, or
- Have worked in a job that exposed you to dust, gas or fumes

Speak to your doctor if you have symptoms or risks and take this Lung Health Checklist along to your appointment.

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