



Children need healthy lungs to grow big and strong.

A cough is a sign that the lungs may be sick.

Has little one...

- Got a cough that won't go away?
- Got a wet cough with green or yellow spit?
- Got short wind?
- Been to the hospital more than once for a lung sickness?

Take them to the clinic and get their lungs checked.

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**Lung
Foundation
Australia**

Ways to keep little lungs healthy



Keep places children go smoke free zones, like the home and car. Second hand smoke can damage the lungs.



Make sure their jabs are up to date. Ask the clinic to find out which ones they need.



Keep children away from fire, smoke and dust.



Encourage children to run and play to build strong lungs.



Give children plenty of healthy foods.



Take your child to the clinic if they have a cough every day for four weeks or more.

If little one is not getting better or you are worried, take them back to the clinic.

Ask the doctor if they need to do more tests or if little one needs antibiotics. A cough for more than four weeks could mean the lungs are sick.

