

The Airway Code



Eat healthily



Be active



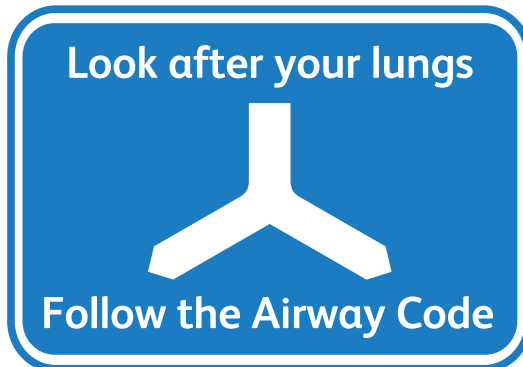
Protect from dust & fumes



Keep germs at bay



Stay smoke-free



Get symptoms checked



Get asbestos aware



Ventilate rooms



Look after little lungs

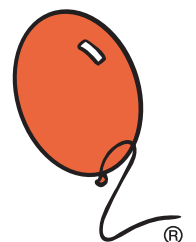


Consider the environment

For more information on lung health go to www.lunguk.org

Registered charity of England and Wales - no. 326730
Charity registered in Scotland - no. SC 038415

- helpline: 08458 50 50 20
- e: enquiries@blf-uk.org
- w: www.lunguk.org



BRITISH LUNG FOUNDATION