



Poor lung health affects **1 in 6** Kiwis

Why not take a minute to check in with yours?



DO YOU:

Get breathless more easily than others your age?
Y / N

Experience chest tightness or wheeze? Y / N

Cough up mucus, phlegm or blood?
Y / N

Have frequent chest infections?
Y / N

Have a new, persistent or changed cough?
Y / N

CHECK IN
with your lungs

Experience chest pain, fatigue or sudden weight loss?
Y / N

If you answered yes to any of these questions, your lung health could be at risk... particularly if you:

Smoke or have ever smoked?
Y / N

Work or worked in a job that exposed you to dust, gas or fumes? Y / N

Speak with your doctor about your symptoms and take this Lung Health Checklist along to your appointment.

The Asthma and Respiratory Foundation NZ is a not-for-profit organisation committed to those affected by asthma and other respiratory illness. For more information call 04 499 4592, email info@asthmaandrespiratory.org.nz or visit asthmaandrespiratory.org.nz

Checklist based on Lung Foundation Australia's Lung Health Checklist and has been reproduced with permission. Visit lungfoundation.com.au



LUNG FOUNDATION
AUSTRALIA

"When you can't breathe... nothing else matters"®

Asthma + Respiratory
FOUNDATION NZ