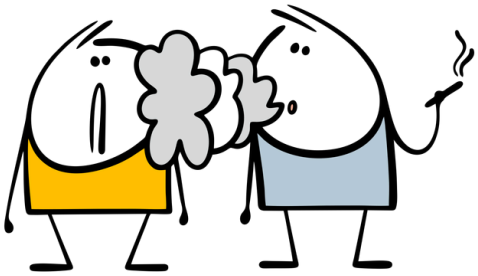
The Canadian Lung Association's

5 THINGS

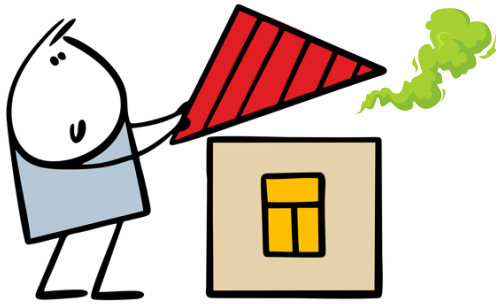
you can do to keep your lungs healthy





1. Don't vape or smoke.

And make sure to stay away from other people when they're vaping or smoking.



2. Try not to use aerosols.

Tiny droplets from things like air fresheners, dry shampoo, hairspray or body spray that come in spray cans can irritate your lungs and airways.



3. Avoid cleaners with strong chemicals or odors.

When you do use cleaners, make sure the doors or windows are open or use a fan to let fresh air into the room.

4. Stay away from smoke.

Stand away from the smoke when you're at a campfire. If there's smoke in the air from wildfires, ask your parents or teachers if it's still safe to play outside. This is especially important if you have asthma.



5. Get plenty of exercise and eat nutritious food.

Healthy food gives you energy to exercise, and exercise helps your lungs work more efficiently and strengthens the muscles that help you breathe.



Canadian Lung Association

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