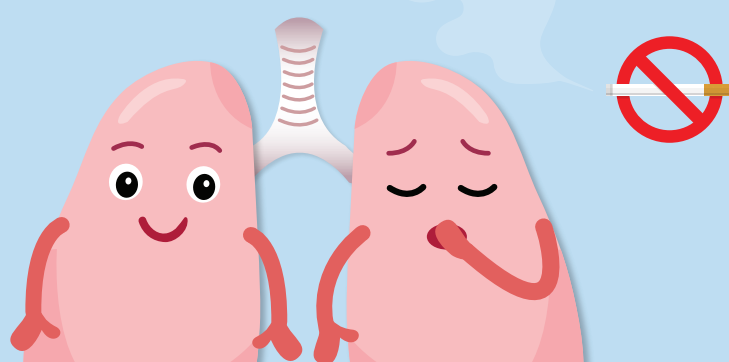# Look Out for Your Lungs:

5 Steps to Keep Your Lungs Healthy

LiveWell

DON'T SMOKE

Quit smoking to reduce:

- The risk of COPD and other conditions
- Lung infections
- Asthma symptoms
- Breathing problems

Avoid secondhand smoke

Steer clear of areas where smoking is allowed.

AVOID AIR POLLUTION

- Use protective gear if you're exposed to pollutants at work
- Ventilate indoor spaces and clean often
- Don't use products with strong odors
- Check outdoor air quality at airnow.gov

You may be exposed to more pollutants indoors than outdoors.

BE PHYSICALLY ACTIVE

Exercise to help your lungs and heart work more efficiently:

- Aim for at least 2 ½ hours each week
- Combine moderate and vigorous exercise
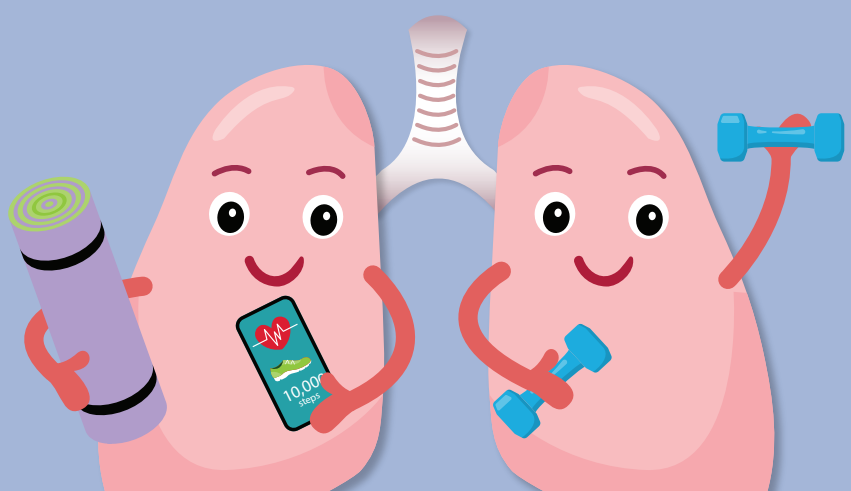
AIM FOR A HEALTHY WEIGHT

Maintain a healthy weight and follow a healthy eating plan:

- Set specific, realistic goals
- Exercise with a friend
- Track your progress
- Celebrate when you meet your goals

GET REGULAR CHECK-UPS & STAY UP TO DATE ON VACCINES

Talk to your healthcare provider about:

- Breathing problems
- Tips for quitting smoking
- Any symptoms you notice
- Vaccines for flu, pneumonia, and COVID-19

VACCINATED