

# LUNG HEALTH CHECK

If you, your child or other family members answer “YES” to ANY of the following questions, contact a health-care provider:

<input type="radio"/>	Currently smoke?
<input type="radio"/>	Cough regularly, with or without mucus?
<input type="radio"/>	Cough up blood?
<input type="radio"/>	Feel short of breath at rest, during physical activity or sports (compared to others of a similar age and fitness level)?
<input type="radio"/>	Wheeze (whistling sound in chest) or get chest tightness or chest pain?
<input type="radio"/>	Have any of these symptoms (cough, wheeze, chest pain, shortness of breath) at work or at school?
<input type="radio"/>	Wake up in the night with any of these symptoms (cough, wheeze, chest pain, shortness of breath)?
<input type="radio"/>	Get frequent colds that last longer than those of other people? Do your child’s colds last longer than other children’s?
<input type="radio"/>	Snore loudly or have pauses in your breathing during sleep? Tired after a normal night’s sleep or sleepy during the day?

If you have any questions,  
call The Lung Association Lung Health Information Line at  
**1-888-344-LUNG (5864)**, email **info@on.lung.ca** or visit **www.on.lung.ca**

When you can’t breathe, nothing else matters.™