

# LUNG HEALTH CHECK

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

Currently smoke?

Cough regularly, with or without mucus?

Cough up blood?

Feel short of breath at rest, during physical activity or sports? (compared to others of a similar age and fitness level)

Wheeze (whistling sound in chest) or get chest tightness or chest pain?

Have any of these symptoms (cough, wheeze, chest pain, shortness of breath) at work or at school?

Wake up in the night with any of these symptoms (cough, wheeze, chest pain, shortness of breath)?

Get frequent colds that last longer than those of other people? Do your child's colds last longer than other children's?

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](mailto:info@on.lung.ca) or visit [www.on.lung.ca](http://www.on.lung.ca)