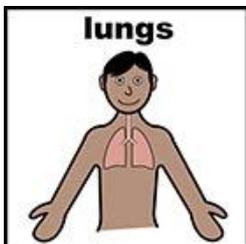## Booklet 7 – Lung Health and Your Environment
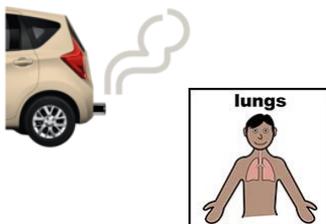
The **environment** is the place where you live and work and your surroundings.

**Pollution** is the fumes that come from cars, factories.

## Does your environment affect your lung health?

Sometimes people worry that the **environment** and **pollution** is affecting their lungs.

It can have an effect on your lung health

BUT the information in the other booklets are more important for your lung health.

# Tips on improving your environment

Liverpool has lots of lovely parks.

Going for a walk in the park can help you to have healthy lungs.

Stay away from other people when they are smoking.

If you breathe in their smoke it can make you sick.

Carbon Monoxide is a poisonous gas.

It comes from gas fires and boilers when they aren't working properly.

You can get a carbon monoxide alarm.  This will tell you if there is carbon monoxide in your house.

A carbon monoxide detector looks like a smoke alarm

**Asbestos** was used in old buildings

Asbestos dust is dangerous if you breathe it in.

If a part of your home is broken, ask an expert to help you.

**Healthy Homes Team**

The healthy homes team can visit you at home if you lived in a rented property.

They can help you find and deal with problems with your home environment, like health and safety.

Call 0800 0121 754

Or email healthyhomesprogramme@liverpool.gov.uk

## What do I do if I am still worried?

If you are worried that your home or work environment might be affecting your lung health, see your doctor as soon as possible

Booklet 1 – Introduction to Lung Health

Booklet 2 – Lung Health and Being More Active

Booklet 3 - Lung Health and a Balanced Diet

Booklet 4 – Lung Health and Smoking

Booklet 5 – Lung Health and Vaccinations

Booklet 6 – Signs and Symptoms of Lung Conditions

Booklet 7 – (this booklet) Lung Health and Your Environment

Notes: