



Healthy Lungs for Everyone

Lung cancer, asthma, bronchitis, COPD, emphysema, pneumonia, flu, and many other lung problems can affect anyone. Here are some of the best ways to help keep your lungs healthy.

Stay away from tobacco.

- If you do smoke, make a plan to quit. Visit cancer.org/quittobacco for more information.
- If you're between ages 50 and 80 and smoke or smoked in the past, ask your doctor if lung cancer screening is right for you.

Avoid secondhand smoke.

- Don't let anyone smoke in your home or car.
- Ask your workplace to go tobacco free.

Test your home for radon.

- Radon is a gas found in soil, rocks, and water. You can't see or smell it. It's the No. 1 cause of lung cancer in people who have never smoked.
- Some states offer free or low-cost test kits for radon. You can also find them online or at most home improvement stores.
- Learn more about testing and lowering radon levels by calling the National Radon Hotline at **1-800-SOS-RADON (1-800-767-7236)**.

Protect yourself at work.

- Keep work areas clean; get rid of mold and pests.
- Ask your work to go fragrance free.
- Things like diesel exhaust, asbestos, arsenic, uranium, silica, tar, and soot can cause lung cancer and other lung problems. If you work with these, or are around them, make sure you wear the right gear to protect yourself.
- Ask your employee health team what they're doing to protect employees at work.

Protect yourself outside.

- Things like cars, trucks, construction sites, power plants, and wildfires pollute the air and can damage your lungs.
- Use the Air Quality Index on airnow.gov to check outdoor air quality in your area. Avoid going outside or doing intense outdoor activities when the air quality is bad.
- Don't burn trash, leaves, plastic, or rubber.

Improve indoor air quality.

- Keep indoor areas clean and ventilated to help prevent mold, dust, and other allergens.
- Use air filters to help clean the air inside your home. Most home improvement stores have them.
- Don't use aerosol sprays, such as air fresheners, deodorants, hairsprays, and cleaning products.
- If you burn wood in a fireplace, use dry, seasoned wood.

Prevent infections.

- Get your vaccines, including a yearly flu shot. Ask your doctor about the COVID-19 vaccine. If you're over 50 or have a weak immune system, ask about the pneumonia vaccine, too.
- If you are sick, stay home if you can. Cover your mouth when you cough. Wear a mask if you go out.

Get active, and eat healthy.

- Stay active, and practice deep breathing to give your lungs a workout.
- Eat healthy foods like whole grains, fruits, and vegetables.



To learn more about keeping your lungs healthy, visit the American Cancer Society website at cancer.org or call us at **1-800-227-2345**. We're here when you need us.