If you find me breathless please help by:

- Staying with me
- Informing my emergency contact (see contact details opposite)
- I like to sit / stand / lean to rest and recover
- Please check my oxygen cylinder hasn’t run out (if it has or is running low, please inform my emergency contact)
- I may not be able to talk to you straight away when I am very breathless. Please be patient and give me time to respond.

Additional Notes:

Pulmonary Fibrosis (PF) Information Leaflet

Pulmonary fibrosis describes a group of lung diseases where the lungs become progressively stiffer and smaller, eventually leading to low oxygen levels in the blood. Pulmonary fibrosis (PF) affects around 70,000 people in the UK.

Pulmonary fibrosis typically presents as a dry cough and breathlessness. These symptoms persist throughout the disease.

‘I have a condition called Pulmonary Fibrosis’

My Pulmonary Fibrosis Type:

Action for Pulmonary Fibrosis is a patient-driven charity. We are here for you.

Email: info@actionpf.org  Tel: 01733 475642  www.actionpf.org

England & Wales Charity Registration Number: 1152399
Scotland Charity Registration Number: SC05099
Things I can do to stay as healthy as possible:

- No smoking and avoid dusty/smoky environments
- Minimise my alcohol intake
- Take regular exercise, start gently, and increase gradually as able
- Eat healthily and maintain a healthy weight
- Avoid people with chest or other infections
- Learn to relax as much as possible and get plenty of rest
- Ensure I take my medication as prescribed
- Ensure I and the people who support me have any recommended vaccinations (eg flu, covid)
- Socialise with others – keep connected
- Keep my home at a comfortable temperature for me
- Use equipment that may help me with day to day activities
- Plan, pace and prioritise my daily activities to incorporate breaks
- Find out if there is a local Pulmonary Rehabilitation Group
- Find out about the local Pulmonary Fibrosis Support Group: www.actionpf.org/information-and-support/find-a-support-group
- Follow APF on Facebook: www.facebook.com/actionpulmonaryfibrosis
  And Twitter: www.twitter.com/ActionPFcharity

Things to Avoid:
Symptom triggers such as areas of heavy dust, smoky environments, inhaling aerosols, walking in strong winds, air conditioning, humidity, eating a large meal or bending. You will come to learn what affects your breathing most.

Things that others can do that may help me:

- Ensure that I take my medication as prescribed
- Keep away from me if you have any signs of an infection
- Exercise with me (walk/work at my pace)
- Help me eat healthily
- Use antibacterial hand gels and cleaners around the house
- Help me with activities of daily living I struggle with or driving to a hospital appointment

Useful information and contacts:

- Action for Pulmonary Fibrosis: www.actionpf.org
- Pulmonary Fibrosis Trust: www.pulmonaryfibrosistrust.org
- British Lung Foundation: www.blf.org.uk
- Citizens Advice: www.citizensadvice.org.uk
- Gov.uk – Benefits information: www.gov.uk/browse/benefits
- Carers Trust: www.carers.org
- Carers UK: www.carersuk.org
- Improved Access to Psychological Therapies: www.nhs.uk/service-search/other-services/Psychologicaltherapies(IAPT)/Location-Search/10008
- Palliative care and End of life support: www.hospiceuk.org
- Equipment: www.redcross.org.uk

My Medical Information:

I am on oxygen therapy:

Yes [ ] No [ ] (please tick box)

I require: ____________ litres of oxygen/minute

I am on: ____________ hours of oxygen/day

I am on: ____________ hours of oxygen/night

Ambulatory oxygen:

I require: ____________ litres of oxygen/minute

Home Oxygen Team Tel No:

Oxygen provider Tel No:

CAUTION OXYGEN IS FLAMMABLE, KEEP AWAY FROM NAKED FLAME AND SMOKERS

I am allergic to:

My Medications, Name and Dosage:
(or carry your repeat medication form)

My Pharmacist/Chemist:
Phone Number: