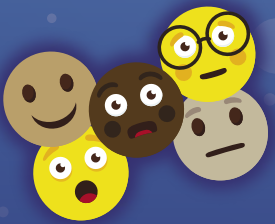


Protect your lungs this winter

Top Tips from patients to protect your lungs this winter

- avoid crowded places
- avoid anyone unwell
- avoid enclosed spaces



#ProtectYourLungs

southeastclinicalnetworks.nhs.uk/protect-your-lungs