



**Children need healthy lungs to grow big and strong.**

**A cough is a sign that the lungs may be sick.**

**Has little one...**

- Got a cough that won't go away?
- Got a wet cough with green or yellow spit?
- Got short wind?
- Been to the hospital more than once for a lung sickness?

**Take them to the clinic and get their lungs checked.**

Artist: Jordan Lovegrove (a Ngarrindjeri man)

# Ways to keep little lungs healthy



Keep places children go smoke free zones, like the home and car. Second hand smoke can damage the lungs



Make sure their jabs are up to date. Ask the clinic to find out which ones they need



Keep children away from fire, smoke and dust



Encourage children to run and play to build strong lungs



Give children plenty of healthy foods.

**If little one is not getting better or you are worried, take them back to the clinic.**

**Ask the doctor if they need to do more tests or if little one needs antibiotics. A cough for more than 4 weeks could mean the lungs are sick.**

