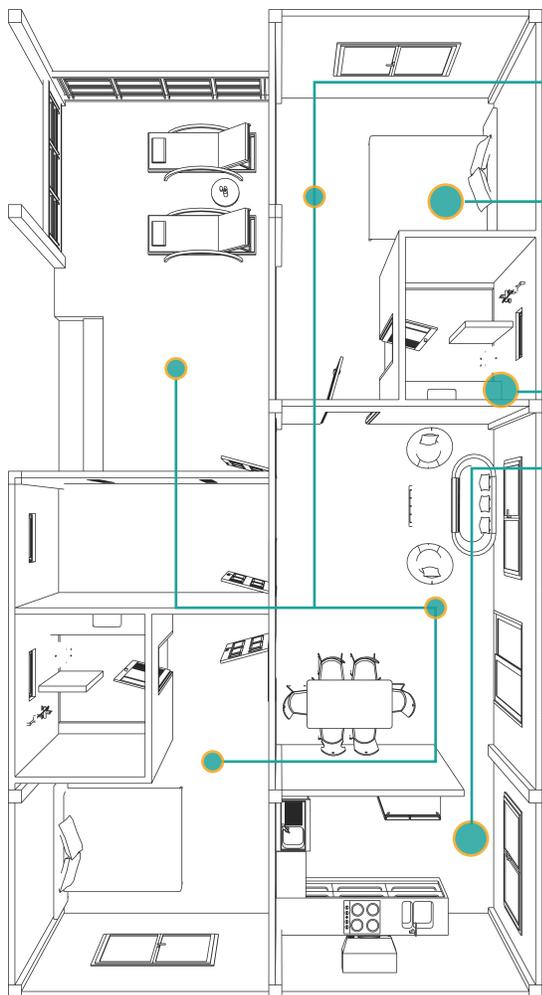


# LIVING WITH OXYGEN

## PREPARING THE HOUSE

When using oxygen therapy, you'll want to take precautionary measures to ensure oxygen safety use and avoid potential dangers. To avoid a fire hazard, keep oxygen tanks away from sources of heat like open flames, cigarettes, stoves, and heaters, and be sure to store the tanks safely in an open area, not in a closet. You also may want to consider preparing for power outages to ensure that you're able to continue using any equipment that requires charging or power.



### Safety Tips

- Install smoke alarms on each level of your home, and both inside and outside of sleeping areas.
- Place a fire extinguisher within reach on each floor of your home, and in each room where there is an oxygen tank.
- Do not smoke, or allow others to smoke, near your oxygen tank.
- Keep your oxygen tank at least six feet away from all sources of extreme heat, like fire, and a gas or electric stove.
- Keep your tank away from static electricity and flammable liquids.
- To avoid accidents, manage the loose tubing around your oxygen tank.
- When using oxygen, avoid using petroleum-based creams on your body and face.

These safety tips are not exhaustive. Please check the warnings and precautions made available by your oxygen tank manufacturer or supplier.

# LIVING WITH OXYGEN

## TRAVELING WHILE ON SUPPLEMENTAL OXYGEN

### Travel Tips

Traveling while on supplemental oxygen can be challenging, but with the help of a portable oxygen concentrator (POC) and the helpful tips below, you can better manage your next trip.\*

### Before Your Trip

-  Ask your doctor if air travel is safe for you. Discuss your oxygen needs for in-flight and at your destination with your physician. If you normally use oxygen, be sure to discuss any changes in the amount to be used on your trip.
-  Plan where you are staying and visiting in advance to identify locations with easier access, such as handicap parking, handicap access, elevators, and shorter walking distances.
-  Speak with your doctor before visiting high-altitude areas.
-  Set up medical records and backup oxygen in the town you are visiting, and identify local hospitals, doctors, and pharmacies in case of an emergency.
-  Make sure your hotel is aware that you will have oxygen and that the oxygen may arrive before you do. You may also want to provide the hotel with the oxygen equipment supplier's name and phone number.
-  Pack extra medication along with information about your medication, disease, and health.
-  Talk with your doctor about obtaining a handicap parking permit.
-  Have a backup plan in case something does not work out.

### During Your Trip

-  Carry your prescription for oxygen with you.
-  Avoid smokers and request non-smoking hotel rooms.
-  Avoid cities with polluted air.
-  At the airport, consider using a wheelchair to make moving around easier and stress-free.
-  Contact [TSA Cares](https://www.tsa.gov/faq/faq-transportation-services), a program designed to assist passengers with disabilities and medical conditions to make the screening processes easier.

Pulmonary rehabilitation is often found to be an important addition to oxygen therapy. Patients may find that it can teach them how to save energy, help with lifestyle changes, instill confidence, and even offer a social outlet. Ask your doctor if pulmonary rehabilitation is right for you.

\*Patients may be able to use POCs that are FAA approved for airline travel. To determine if your POC meets those requirements, please refer to [https://www.faa.gov/about/initiatives/cabin\\_safety/portable\\_oxygen/](https://www.faa.gov/about/initiatives/cabin_safety/portable_oxygen/).

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