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<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেইপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিউলিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિચિત્ર ફંટની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઇમેઇલ કરો: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

### Feedback

We welcome any suggestions you have, please send your **comments, concerns, and compliments** to: **PALS**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.

For more information see [www.cwps.nhs.uk](http://www.cwps.nhs.uk)

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## Oxygen Users - Do's and Do not's

Home Oxygen Assessment Team  
Respiratory OPD 3  
Countess of Chester Hospital  
Liverpool Road  
Chester  
CH2 1UL

Telephone: 01244 362541

## Do

**DO** use your oxygen as you have been advised.  
**DO** not alter your flow rate unless you have been told to by the Oxygen Assessment Team.

### WHY?

Oxygen is a drug and you can feel worse if you have more than your prescribed rate. If you feel drowsy, muddled or if you start to experience lots of headaches, please contact your Oxygen Assessment Team or your GP.

You can contact the Home Oxygen Assessment Team on 01244 362541 Mon-Fri 09:00 am – 16:30 pm

**DO** switch off your oxygen when you are not using it, even for short periods of time.

**WHY?** Surrounding materials (including your clothing) will become soaked in oxygen if left running. This can ignite if it then comes in to contact with a source of heat or a spark. This increases the risk of fire.

**DO** ensure your oxygen cylinders are kept upright and are not at risk of falling over or being banged in to.

**WHY?** If your cylinder falls over, it could be damaged, which could alter the flow rate or damage the valve. This could then cause it to leak. This would increase the risk of fire.

**DO** attend all of your oxygen assessment appointments.

**WHY?** Oxygen will only be prescribed for as long as it is safe to do so. Without regular reviews and also safety assessments at home, it may not be safe to continue the oxygen and it will be removed.

## Do Not

**DO NOT** smoke or allow anyone else to smoke in the same rooms as the oxygen  
**DO NOT** use rechargeable electronic cigarettes or use the charger in any area where the oxygen is used or stored.  
**DO NOT** light or tend to candles, oil burners, gas fires or open fires whilst wearing oxygen  
**DO NOT** cook whilst wearing oxygen or sit near any heat source in the kitchen. This includes microwaves.  
**DO NOT** sit close to a fire when using your oxygen or run oxygen tubing close to your fire.  
**DO NOT** store your oxygen in a warm place.  
**DO NOT** let anyone else use your oxygen.

**WHY?** Oxygen is a prescribed drug and should only be used by you. Oxygen can cause harm if used inappropriately. If the tubing comes in to contact with a heat source it can melt. This will cause the oxygen to leak out and increase the risk of fire.

**DO NOT** allow the plastic tubing to become tangled or trapped.

**WHY?** If this happens, the flow of oxygen will be affected. Check your tubing regularly for signs of damage and keep it tidy as untidy tubing can increase the risk of tripping over it.

**DO NOT** use any oil or paraffin based creams/ointments (such as Vaseline/E45/any cream for skin conditions) on your hands or face. Check for the ingredients in your cream to see if it contains oil or paraffin.

**WHY?** These creams can make oxygen more flammable which increases the risk of fire. If you use any creams on your body, this can soak in to your clothes which can also increase the risk of fire. Ask your Pharmacist or the Oxygen Assessment Team for advice.