

# Can you help me?



**Hello my name is** .....

I have a lung disease and right now

I am experiencing breathlessness



Please stay with me until I have my  
breathing under control



**Please call:** Name .....

**Telephone:** +45 .....

Tell them or text them where I am



**If I become unconscious** please call the  
paramedics. Explain that I suffer from a  
lung disease and that I am experiencing  
severe breathlessness.

Danish Lung Association

A lifetime of healthy lungs



1

# Can you help me?



**Hello my name is** .....

I have a lung disease and right now

I am experiencing breathlessness

.....  
.....



**Please call: Name** .....

**Telephone: +45** .....

Tell them or text them where I am



**If I become unconscious** please call the paramedics. Explain that I suffer from a lung disease and that I am experiencing severe breathlessness.

Danish Lung Association

A lifetime of healthy lungs



1