

# Wearing your oxygen mask

Information for patients



**Easy Read**



**easy read**



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

**hospital**



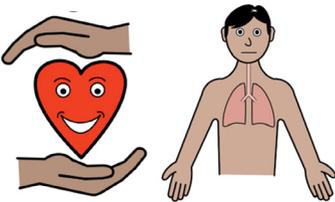
Medical staff might want you to wear a mask to help you breathe.

**oxygen**



This might be because your body needs more oxygen.

**heart lungs**

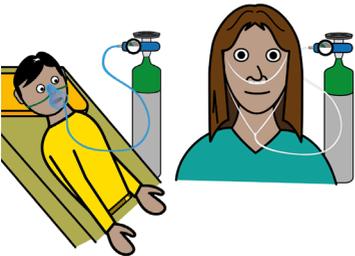


Oxygen keeps our hearts and lungs healthy.

**feeling better**



**oxygen**



**CPAP /  
NIVmask**



Oxygen will help you to feel better and breathe easier.

Sometimes oxygen is given via a face mask or into your nose through little tubes.

Sometimes people need a tighter mask. This is called a CPAP or NIV mask.

## face mask



You can breathe normally with the mask on.

## loud, noisy



Air with added oxygen, will come through the mask and you breathe it in.

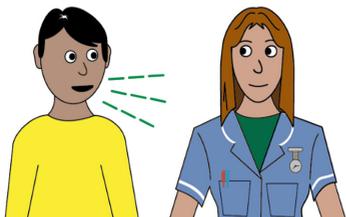
It might be a bit noisy.

## nurse



You must listen to staff and wear the mask when they say to.

## talk to your nurse



Talk to your nurse if you are worried about your mask.

An illustration of a woman with long brown hair wearing a red long-sleeved shirt, pointing her right hand towards a large QR code on the right.

**Get me? Get Me Better!**  
Get a better understanding of your health and wellbeing

**NHS** Hospital Passport

My name is:

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If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on: [leedsth-tr.ldautism@nhs.net](mailto:leedsth-tr.ldautism@nhs.net)





## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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