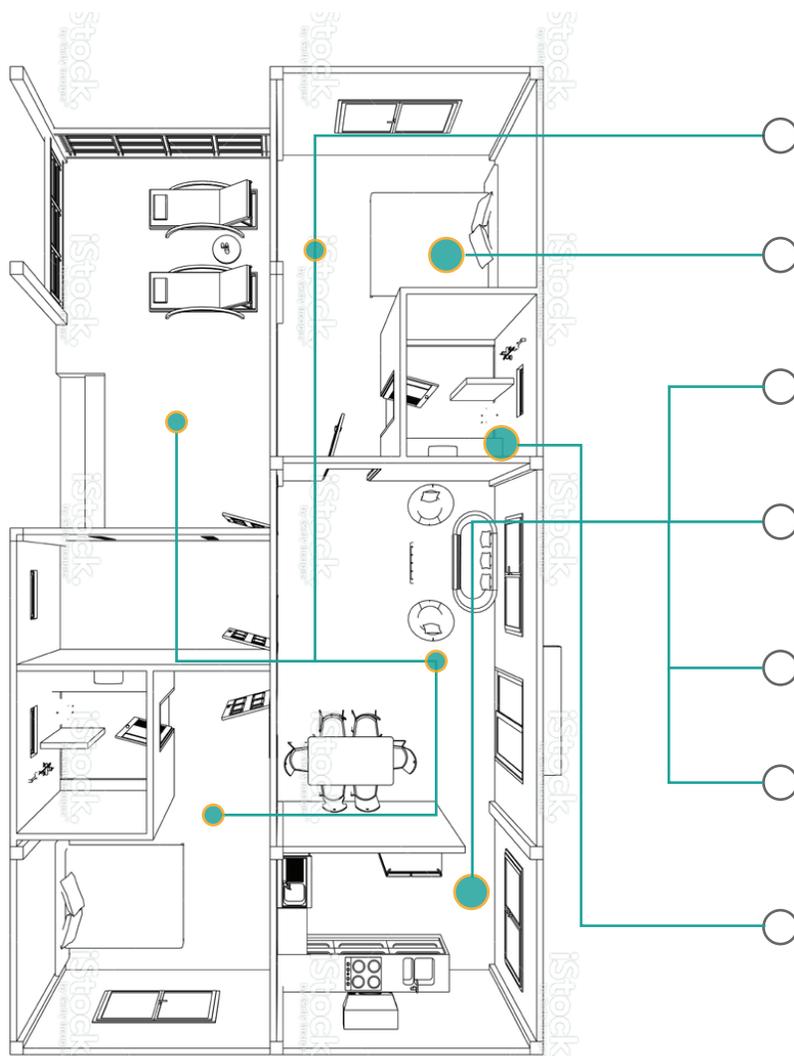


# LIVING WITH OXYGEN

## 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 open flames, cigarettes, and heaters, and be sure to store them safely.



### Safety Tips

- Install smoke detectors in every room.
- Place a fire extinguisher within reach on each floor and each room where there is an oxygen tank.
- Do not smoke near an oxygen tank.
- Keep your oxygen tank at least six feet away from all sources of heat, electricity, fire, and flammable liquids.
- Store your oxygen tank in an open, clean, and dry place.
- To avoid accidents, manage the loose tubing around your oxygen tank.
- When using oxygen, avoid using petroleum-based creams on your body and face.

# TIP SHEET

# 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

-  Talk with your doctor about keeping up with vaccinations.
-  Set up medical records, back-up oxygen, and medical care in the town you are visiting.
-  Ask your doctor if air travel is safe for you.

#### During your Trip

-  Carry your prescription for oxygen with you.
-  Wear a medical mask.
-  Avoid smokers and request non-smoking hotel rooms.
-  Avoid cities with polluted air.
-  Avoid visiting high-altitude vacation spots (or talk with your doctor).
-  Use a wheelchair to make moving around easier and stress-free or contact [TSA Cares](#), a new program designed to help passengers with disabilities and medical conditions make check-in and the screening processes easier.

Patients can use a portable oxygen concentrator (POC) when traveling.

There are POCs that are FAA approved for airline travel.