**Oxygen Therapy**

**Do**
- Display an “Oxygen in use” sign at the main entrance to your home.
- Clean your oxygen equipment as instructed.
- Change tubing and humidifier as directed.
- Set flow rate for only the number of liters ordered by the doctor.
- Arrange equipment to avoid tripping, especially at night.
- Use saline nasal spray for dryness.
- Make sure there are working smoke detectors and smoke alarms in your home.
- Have a fire evacuation plan.
- Notify your local fire department and power company that you have oxygen in your home.
- Oxygen can be drying to the nose and lips. You may apply a water soluble lubricant, like K-Y Jelly®.
- Keep the power company’s phone number within easy reach.
- Always be aware of the amount of oxygen left in your tank.
- Oxygen tanks should be stored upright in an oxygen holder. When no holder is available, oxygen tanks must be placed on their side.

**Do Not**
- Do not change the oxygen flow rate without a doctor’s order.
- Do not smoke while using oxygen.
- Do not smoke or charge Electronic Cigarettes (e-cigarettes) within 10 feet of the oxygen source.
- Do not permit smoking in the room with oxygen.
- Do not place oxygen within 10 feet of heat (open flame, candle, gas stove, gas dryer, pilot light, wood burning stove, or direct sunlight).
- Do not place oxygen supply within 10 feet of an electrical appliance or equipment.
- Do not spray aerosol (such as air freshener, hair spray or cleaning products) near oxygen.
- Do not apply petroleum-based jelly like Vaseline® to your nose and lips. Petroleum-based jelly can serve as a fuel if ignited.
- Do not prop or lean oxygen tanks up against the wall.
Oxygen Therapy

What are the signs that I am not getting enough oxygen?

- Restlessness
- Agitation
- Confusion
- Shortness of Breath
- Blue fingernails
- Blue area around lips and mouth
- Increased forgetfulness
- Increased sleepiness
- Increased yawning

Name of Oxygen Company___________________________________________________________

Phone number of Oxygen Company__________________________________________________