



A Guide to the Home Oxygen Service

For Babies,
Toddlers, Children
and Young
People

Healthcare
Helpline
0800 373580

About Your Equipment

Please refer to these pages when reordering accessories or speaking to our Healthcare Helpline.

You should take this booklet with you to any reviews with your Healthcare Professional (HCP).

Date of installation:

Technician's name:

Flow rate:

Patient number:

NHS number:

HCP name:

HCP phone number:

Equipment

- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:

Cylinders

- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:
- ☐ Type: Flow:

Accessories

- ☐ Ventimask:%
- ☐ Medium concentration mask
- ☐ Non-rebreathe mask
- ☐ High concentration mask
- ☐ Tracheostomy mask:%
- ☐ Nasal Prongs: code
- ☐ Converter: model
- ☐ Coiled tube, clamp & connector
- ☐ Portable cylinder bag
- ☐ Micro flowmeter
- ☐ Low flowmeter
- ☐ Trolley



Welcome

The Home Oxygen Service (HOS) has been designed to provide you with all your oxygen therapy needs at home. Your Healthcare Professional will have chosen the most appropriate oxygen equipment for your baby, child or young person. This guide explains how to use, clean and look after your oxygen equipment safely.

Your oxygen equipment is provided by Baywater Healthcare on loan from the NHS and must be returned if no longer required.

The Home Oxygen Service also provides a free holiday service if you visit anywhere in England, Wales, Scotland or Northern Ireland.

If you have any questions about the oxygen equipment, safety or the service, please call our Healthcare Helpline on **0800 373580** between 8.00am-6.30pm (every day). The service is available 24 hours a day for urgent calls, but remember if your baby, child or young person seems unwell you should contact a GP or in an emergency, phone for an ambulance.

Contents

General Safety **6**

Masks, Nasal Prongs and Tubing **13**

Travelling and Holidays **16**

Privacy Notice **22**

Living with Oxygen:

Babies up to 1 year **27**

Children 1-12 years **30**

Young people **34**

Useful Contacts **37**



**ENHANCING
LIVES**

General Safety

When used correctly oxygen is safe

We complete thorough risk assessments and health and safety checks before any oxygen equipment is installed in your home. You also need to follow these guidelines:



Do not smoke or use e-cigarettes **Do not let anyone smoke near oxygen**

Smoking is dangerous when oxygen is being used.



E-Cigarettes

You must not allow anyone using e-cigarettes near to someone using oxygen.



Keep oxygen away from fire

All oxygen equipment should be kept well away from candles (including scented candles), barbecues, fires and gas cookers.

Smoke alarms

Install a smoke alarm. Regularly check your smoke alarm to ensure it is working and its batteries do not need replacing. We inform the Fire and Rescue Service that you have oxygen in your home, who will contact you to complete a safe and well check. You should also tell them what equipment you have and where you store it.

Our Healthcare Technician will check your smoke alarms are in working order when oxygen is installed. Should you not have any working smoke alarms, we will inform the Fire and Rescue Service, who may be able to help install them.



Keep away from heat

Oxygen helps fires to burn. Keep away from fire. Ensure that any oxygen is kept away from gas fires, cookers and heaters etc. Recommended distance for oxygen therapy equipment from: fires 3m (10ft); radiators and heaters 1.5m (5ft).



Turn it off

Make sure the oxygen is turned off when it isn't being used. When oxygen is being used, always make sure the nasal prongs or mask are not left on any soft material (for example, blankets, clothes, sofas or cushions) for any amount of time. Oxygen may soak into the material and can increase the risk of having a fire.



Remember to wait 20 minutes after using oxygen before getting close to anything that has a flame.

Fresh air

Always make sure there is fresh air when using oxygen. Try to keep a window or door in the room ajar when the equipment is in use.



Keeping all equipment clean

Only use a clean damp cloth and mild non-scratch cleaning materials to clean the equipment and allow it to dry properly before using.

Avoid using anything that contains the ingredient oil when using oxygen

Always ensure that your hands are clean when touching oxygen equipment.

Do not use bubble bath, lip balm, creams and lotions on any area of skin that comes into contact with the oxygen. Only use water based creams such as lubricating gel. Speak to a Pharmacist for advice on what products are safe to use.



Firebreak

Never remove this small white plastic piece from the tubing and make sure that the blue arrow is pointing to your child. A firebreak will stop a fire spreading in the tubing.

A firebreak is not included on the tubing for the small portable cylinders.

Tubing

Make sure tubing does not get trapped or crushed under doors/furniture as this can stop/reduce the oxygen flow.

Keep tubing away from your feet when walking and take care not to slip or trip over it. Be aware of where the tubing is at any time, particularly when you stand up. Take particular care when on or near stairs. When you are using oxygen while walking you may find it easier to drape the tubing over your shoulder.

If your baby, child or young person is taken into hospital, ensure paramedics leave tubing in place as you will need it after discharge home. If your tubing is taken, please call us for replacements in advance of discharge.

Fixed oxygen tubing

For safety reasons, fixed oxygen tubing is recommended by your Healthcare Professional.

Servicing

Our Healthcare Technician will visit and check the oxygen equipment every six months. If there is a problem with the oxygen machine use your emergency cylinder and call us on **0800 373580**.



Cylinder safety and storage

Make sure cylinders are firmly secured and cannot be knocked over or fall on anyone.

If a small portable cylinder is being carried on a wheelchair or pushchair make sure that it is safely secured and balanced. If you use the carry straps on the cylinder bag, make sure they are firmly secured.

Emergency cylinders

Emergency cylinders are provided along with an oxygen machine in case of a power cut or machine failure and should only be used in this instance.

The emergency cylinder should be located somewhere that you can easily reach it should it be needed. Keep a torch to hand in case the cylinder is required when it is dark.

Storage

All oxygen equipment should be stored in a cool place that has good air flow around it. Keep away from any item with the flammable logo or has the ingredient of oil in the ingredients list on the packaging. Cylinders can be laid flat and work equally well.



Tradespeople in your home

If you have tradespeople working in your home, make them aware of the location of oxygen equipment and any installed fixed tubing along with the precautions required.

Follow the advice given

Our Healthcare Technicians have had extensive training. We ask that you follow their advice at all times, if you are unsure of anything, please call us on **0800 373580**.

Your oxygen is for your baby, child or young person

Oxygen is a medically prescribed drug, and should only be used by the person it has been ordered for. Under no circumstances should you allow anyone else to use it.

Celebrations and baking

We understand you and your child will want to celebrate certain events such as birthdays, bonfires, firework displays or sparklers. Please ensure your child has not used oxygen equipment for at least 20 minutes before getting close to fire/flames/candles.

When baking with your child please ensure the oxygen equipment is at least 3 metres away from the cooker at all times.

Do not allow your child using oxygen to go near gas cookers that are in use.

Playgroup/nursery/school

Before attending playgroup/nursery/school, you will need to discuss your child's care with your Healthcare Professional.

We can provide oxygen at the playgroup/nursery/school, so there is always a supply there. We also have Clinical Advisers and Healthcare Technicians who are happy to visit and provide training on all aspects of the oxygen supply for members of staff. Either you or your child's Healthcare Professional can call us to ask for this to be arranged.

If your child is carrying their own portable cylinder Baywater Healthcare can provide a trolley. Please call our Healthcare Helpline on **0800 373580**.

Before playing sport, always seek advice from your child's Healthcare Professional.

For children at school, please ensure they are not and have not used oxygen for at least 20 minutes before using bunsen burners, cookers, ovens and other heat sources within the classroom. This is because oxygen soaks into clothing and would be a fire risk.

Be safe

If you take off the nasal prongs or mask and place it on fabrics such as clothing, bedding or soft furniture with the oxygen running, the oxygen will soak into the material and can catch fire easily. Please turn equipment off when not in use.

Bathing and showering

Please do not use any bath oils or bubble baths that contain oil within their ingredients. When using a portable cylinder, leave the portable cylinder outside of the bath or shower. Oxygen machines should remain where the Healthcare Technician originally installed them. Do not move them into the bath or shower room.

Nasal prongs can be worn in the bath or shower. After bathing or showering, please inspect the nasal prongs, if water is inside, the nasal prongs must be thrown away and replaced with a new one.

Swimming

Please speak to your Healthcare Professional if you would like to go swimming. If this is agreed, please phone our Healthcare Helpline on **0800 373580** and we will arrange for extra tubing and nasal prongs. It would be a good idea to let swimming pool staff know before you visit as someone will need to carry the cylinder at the side of the pool.



After swimming, please inspect the nasal prongs, if water is inside, the nasal prongs must be thrown away and replaced with a new one.



Masks, Nasal Prongs and Tubing

You must use only masks, tubing and nasal prongs supplied by Baywater Healthcare.

Nasal prongs can easily become blocked and masks can become dirty over time, it is very important to keep both clean.

Replace nasal prongs monthly or on the advice of a Healthcare Professional. With regular cleaning, masks will last approx 3-6 months. You can request new nasal prongs, masks and tubing from our Healthcare Technician, or by calling us.

The tubing we supply has been designed to prevent crushing (which can restrict the flow of oxygen) but it is always important to check that the tubing is not kinked or trapped.

Caution

Nasal prong tips should be cleaned daily with a damp cloth. **Never** immerse nasal prongs in water.

Oxygen masks **must** be cleaned daily in hot soapy water. Rinse and thoroughly air dry before use.

Non-rebreathe masks **must not** be immersed in water. Wipe them daily using a damp cloth.



How to fit nasal prongs

1. Place the nasal prongs into the patient's nostrils taking care not to damage the soft tissue
2. Tuck the tubes extending from the nasal oxygen prongs behind the ears
3. Secure the nasal prongs by sliding the plastic toggle at the back of the patients head (older children and teenagers should secure the toggle underneath their chin)

Nasal prongs are available in different shapes and sizes. Please take note of the nasal prong type and code your Healthcare Technician supplies you with. This will ensure you receive the correct nasal prongs should you call us to order more.

If you need to secure nasal prongs to your babies face, contact Baywater Healthcare on **0800 373580**.

Relieving irritation and dryness

Masks and nasal prongs can irritate the nose and skin, especially for people using high flow rates. To relieve skin irritation and prevent dryness use moisturisers that contain no oil in the ingredients list. **DO NOT use gels or creams that contain the ingredient oil.** If in doubt, consult a Pharmacist for advice on a safe cream to use.

Oxygen supply tube

The oxygen supply tube carries oxygen from the cylinder or oxygen machine to the mask or nasal prongs. It is an important piece of equipment.

Check the oxygen tubing regularly for any obvious signs of damage such as kinking, flattening or splitting. If you notice any damage, replace it immediately.

Ensure that tubing does not become trapped, for instance in furniture and doors, as this will restrict, or even stop the flow of oxygen.

Please also take care to minimise problems which can be caused by pets in your home ie puncturing the tubing.

Travelling and Holidays

Transporting oxygen equipment

Follow this advice when transporting oxygen equipment:

- Inform your insurance company that you will be carrying oxygen (see the following page for a sample letter).
- Secure cylinders safely in the boot of the vehicle, behind the front seats or on the back seat (see 'Travelling with cylinders').
- Never transport cylinders in the front passenger seat.
- If transporting several small portable cylinders always carry them in a green safety box; we can provide this if needed.
- Individual portable cylinders should be kept in the carry bag.
- Never use oxygen in a fuel station and never smoke while oxygen is being used.



Public transport

You are able to use oxygen on public transport, however, different companies will have different rules and regulations. Please check with the transport company before travel. Your local council has details of taxis that are registered to carry passengers with special requirements.

Ensure the cylinder is secure when using public transport.

Example Insurance Letter

Sample Motor/Home Insurance LTD
1 Sample Street
Sample Town
SA1 MPL

Policy No: 123456789
Policyholder: Mr A Sample

Dear Sirs

I am writing to notify you that, as a user of oxygen for medical purposes, I am required to transport/store oxygen equipment in my vehicle/home.

I will of course follow all the safety guidelines on transporting/storing oxygen equipment provided to me by my oxygen service provider.

If you would like any further information please do not hesitate to ask.

Yours faithfully

Mr A Sample



Travelling with cylinders

If you transport cylinders in your car remember:

- Safely secure cylinders in the boot of the car, behind the front seats or strapped in the back seat.
- If you have other passengers in your car, you can secure your cylinder by placing the bag over the back of the front seat.
- If you are transporting several cylinders you could use a cylinder safety box – ask your Healthcare Technician for one or call our Healthcare Helpline.
- Never smoke while oxygen is being used.
- Never use oxygen in a fuel station.
- Never store cylinders in the car.
- If you have to leave cylinders unattended in the car put them out of view in the boot.

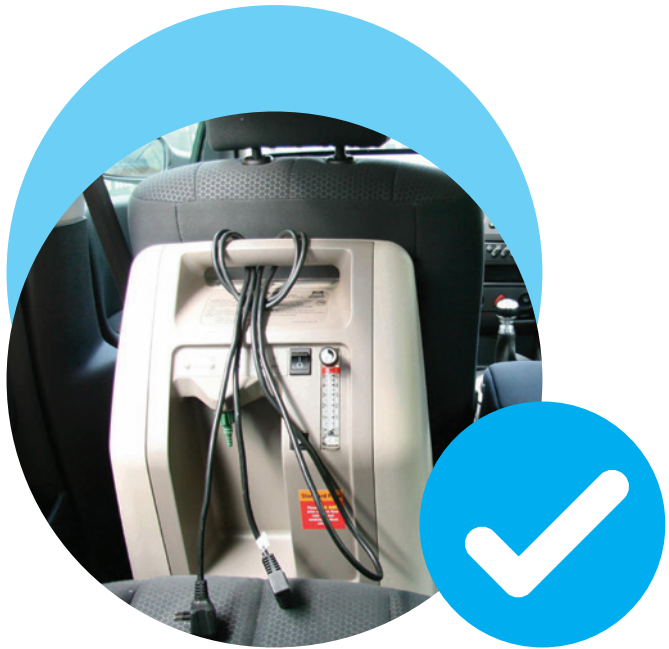
Travelling with an oxygen machine

When transporting an oxygen machine please remember:

- Keep it in an upright position.
- Take the emergency cylinder with you (ensure this is safely secured when moving or travelling).
- Do not leave it on view in your car whilst it is unattended.
- If you have any problems during travel with your oxygen, please call us.

Caution

Oxygen machines are heavy. Always take care when moving them.



Away from home service in the UK


Please call our Healthcare Helpline with the address that you will be staying at and the dates you will be arriving and departing. We will organise a delivery of oxygen supplies to your destination and then have this supply removed once you leave.

Please note this only applies if the oxygen equipment required for your stay is the same as you have at home. If you require different equipment please see your Healthcare Professional.

Please give us at least two weeks notice of any stays away from home.

Secondary addresses

We can provide an oxygen supply exactly the same as the one supplied at your home to another address. This could be a holiday home, a family members' house you visit regularly or respite care. Please call our Healthcare Helpline for more information.



**Inform us
two weeks in
advance of any
PERMANENT
change of
address**

Moving home

If you are moving home, call us with the date and address of where you are moving too and the name of your new doctors surgery (if you are changing).

Home insurance

You should inform your insurance company that oxygen equipment will be used and stored in your home. See the example insurance letter earlier in this section.

Going outside the UK

If you're travelling abroad you will need to arrange for oxygen supplies yourself. We can provide details of suppliers, please call our Healthcare Helpline.

Flying

Our oxygen equipment is for use in the UK only and is not available for flights.

Speak to your Healthcare Professional before planning a flight. Your baby, child or young person may need to complete a flight assessment.

If oxygen is needed during a flight, we recommend that you always speak to the airline you're flying with. You may have to pay for an oxygen supply when you are flying, but this depends on the individual company.

Cruises

Oxygen equipment is for use in the UK only and is not available for cruises.

Please note: We **cannot** supply oxygen to a tent, and an oxygen supply should never be used in a tent. As oxygen can help fires burn more fiercely we recommend that anyone using oxygen stays at least 3m (10 feet) away from flames – this includes campfires, firepits, chimineas, barbeques and gas heaters.

Privacy Notice

In line with the General Data Protection Regulation (GDPR) we would like to let you know how we will use your personal data.

The types of personal information we collect

We collect information about you which is provided to us, this includes:

- Your name, address and contact details
- Date of birth, contact phone numbers, contact email address
- Payment information (if appropriate) which includes your personal bank account details
- Any other information that you choose to provide to us

How we use personal information

We use your information in accordance with the Data Protection Legal and Regulatory principles and in order to provide the services which have been prescribed for you:

- We will comply with the Law
- To process orders for your service provision
- To send you satisfaction questionnaires in order to provide support and improve the service we offer
- To communicate with you and your healthcare professionals and provide customer support
- To support our financial invoices in order to secure payment from our customers for the service provision

- To send you system alert messages – for example, we may inform you of temporary or permanent changes to our services such as planned outages, new features, releases, abuse warnings and changes to our Privacy Policy
- To send you information about your therapy and safe use - for example, you may receive copies of our Sunshine Magazine
- Your information is stored on a secure record on our servers, that is only accessible by our dedicated staff
- We will record and monitor telephone conversations to or from you in order to offer you additional security, resolve complaints, improve our service standards and for staff training purposes
- Phone call recordings are retained for legal reasons:
 - to evidence the obtaining of bank details for the NHS contract to supply the services
 - for financial audit purposes
 - to provide any evidence required relating to complaints or for clarification of your requirements of service
 - to provide any evidence required in any legal investigation
 - to confirm correct information has been collated for any electricity reimbursements for equipment use under contract
- We will store your information for the duration of our service provision to you
- The information will only be retained for as long as necessary to fulfil the purposes we collected it for which includes satisfying any legal, accounting or reporting purposes

- Your information may be archived in order to comply with legal obligations

How we may share and disclose personal information

As a recipient of our service, you will have signed a consent form and agreed to us sharing your information with:

- Your hospital care team
- Your GP
- The home care team
- Other teams (e.g. NHS administration and the Fire and Rescue Service)
- Your electricity service provider

We also have a legal obligation to share your information with any Government department, public body, or other third party where we believe in good faith we are legally obliged to do so.

Safeguarding your privacy rights

Whenever we have contact with you or your representative by phone we will always ask for the following information:

- Your postcode
- Your first line of the address
- Your full name
- Your date of birth

It is very important that we make sure that when accessing our patient records we are certain that we are looking at the correct file so that we are only discussing private and personal information with a patient or their representative who has the right to know.

Your rights and choices

We want you to be in control of how your personal information is used by us. You can do this in the following ways:

- You can request a copy of the information we hold about you
- You can tell us about any changes to your personal information which we hold
- You can ask us to amend any of the personal information we hold about you to ensure it is correct and accurate
- You can ask us to erase the personal information we hold about you, although we are legally obliged to inform your Healthcare Professional of this decision
- You can request changes to the way we use your information
- Where we process your personal information based on legitimate interest or the public interest, you have a right to object at any time to the use of your personal information
- In the limited circumstances where you may have provided your consent to the collection, processing and transfer of your personal information for a specific purpose, you have the right to withdraw your consent for that specific processing at any time
- You can withdraw your consent for us to share your information in the ways described above

To withdraw your consent, please contact Baywater Healthcare on **0800 373580** in the first instance.

Once we have received notification that you have withdrawn your consent, we will no longer process your information for the purpose or purposes you originally agreed to, unless we have another legitimate basis for doing so in law.



Living with Oxygen

Babies up to 1 year

Baywater Healthcare takes the care of babies very seriously. We appreciate this can be a very anxious period of time for parents/carers and we hope the following information will help.

Bathing or showering your baby

When bathing or showering a baby whilst using oxygen try to have someone with you to assist.

Feeding

When feeding your baby please follow the advice of your Healthcare Professional.

Playing

Play is essential for development and does not have to stop because your baby is using oxygen. Just make sure that:

- The tubing cannot cause you or baby to trip and fall
- Any cylinders are secure and not likely to fall or topple
- The tubing cannot get trapped causing a block in the oxygen supply

If you require changes to the oxygen tubing to support playing with your baby please call our Healthcare Helpline on **0800 373580**.

Please note that modelling clay is oil based, so should not be used. Please do not use oil based paints or crayons near to oxygen.

(open 24 hours, 7 days a week for urgent calls)



Baby massage

Baby massage can help babies to relax and a baby on oxygen can enjoy them too. Do not use creams and lotions that contain the ingredient oil. Please speak with your baby's Health Visitor for guidance about massage with your baby. A Pharmacist can also help to guide on what lotions can safely be used with oxygen.

Travelling

Ensure the weight of your oxygen cylinders is spread evenly in pushchairs and wheelchairs to minimise the risk of them tipping over. Please do not hang a cylinder on the handles of a pushchair or wheelchair.

If you wish to carry your baby's cylinder, Baywater Healthcare will provide you with a carry bag, which can be carried either over the shoulder or as a rucksack on your back.



If you and your baby are planning respite or holidays please call our Healthcare Helpline on **0800 373580** with the address, at least two weeks before you plan to go, and we can arrange for your oxygen supplies to be delivered to where you are staying.

If you need a change to your baby's oxygen equipment to suit the needs of your travel please contact your Healthcare Professional.

Follow up appointments after you have left hospital

Please ensure you take enough oxygen cylinders to cover time for the travel and duration of the appointment. Allow additional oxygen in case of any delays.

Oils, creams & ointments

Creams and lotions that contain the ingredient oil should not be used on the skin of a baby using oxygen.

This includes cradle cap treatment, baby lotions or sun creams. Please check the list of ingredients to ensure there are no oils (including peanut, olive and coconut).

If further advice is required about which creams to use please contact your baby's Healthcare Professional or Pharmacist.

Coughs and colds

Coughs and colds are common. Please clean the tips of the nasal prongs every day and change regularly if required. Please call us on **0800 373580** for additional nasal prongs.

Living with Oxygen

Children 1-12 years

Baywater Healthcare takes the care of children very seriously. We understand this can be a very worrying time for parents/carers and we hope the following information will help.

Bathing and showering

If your child has a disability, try and have someone with you to assist you. When bathing or showering your child you may find it easier to use a bath mat.

Hairdryers

Please do not use a hairdryer to dry your child's hair when oxygen is used. Please turn off oxygen and wait for 20 minutes before using heated appliances.



Using handheld tablets/ mobile phones or laptops

Please do not plug in or turn on or off chargers, when using a tablet, mobile phone or laptop whilst using oxygen.

Sleepovers

If you would like your child to stay overnight at somebody else's home please call Baywater Healthcare on **0800 373580** and we can arrange for your child's oxygen equipment to be installed and delivered there.



Playing

Play is essential for child development and does not have to stop because of an oxygen supply. Just make sure that:

- The tubing cannot cause you or your child to trip and fall
- Any cylinders are secure and not likely to fall or topple
- The tubing cannot get trapped causing a block in the oxygen supply
- Your child cannot wrap the tubing around their neck

If you require tubing changes to support playing with your child please call Baywater Healthcare on **0800 373580**.

Please note that modelling clay such as Play Dough is oil based, ensure you wash your children's hands immediately after use. Please do not use oil based paints or crayons near to oxygen.

School/day/overnight trips

Please discuss any planned trips with your Healthcare Professional and your child's teacher.

For day trips, please ensure that your child has enough oxygen and that any oxygen equipment is transported in a safe, secure way.

Two weeks before an overnight trip please call our Healthcare Helpline on **0800 373580** to arrange for your child's oxygen equipment to be delivered.

If your child needs a change to their oxygen equipment to suit the needs of the school/nursery/playgroup please contact your Healthcare Professional.

Coughs and colds

Children on oxygen are more prone to coughs and colds. Please clean the tips of the nasal prongs every day and change regularly if required. Please call us on **0800 373580** for additional nasal prongs.

Travelling

Ensure you spread the weight of your oxygen cylinders evenly in pushchairs and wheelchairs to reduce the risk of them tipping over. Please do not hang a cylinder on the handles of a pushchair or wheelchair.

If you wish to carry your child's oxygen, we will supply a bag that can be used either over the shoulder or as a rucksack on your back.

If your child uses an electric wheelchair please ensure you remove their oxygen cylinders whilst their wheelchair is being charged.

If you and your child are planning respite or holidays please call our Healthcare Helpline **0800 373580** with the address, at least two weeks before you plan to go, and we can arrange for your oxygen supplies to be delivered to where you are staying.

If you need a change to your child's oxygen equipment to suit the needs of your travel please contact your Healthcare Professional.

Follow up appointments after you have left hospital

Please ensure you take enough oxygen to cover any travel and to last for the duration of the appointment. Allow extra oxygen in case of any delays.

Oils, creams and ointments

Do not use creams, lotions or moisturisers that contain the ingredient oil on the skin of a child using oxygen.

This includes sun creams. Oils include peanut, olive and coconut. Please refer to the safety section for more information.

Water based creams and lotions are recommended. If you are unsure which creams to use for your child please speak to your Healthcare Professional or Pharmacist.

Living with Oxygen

Young people

Hairdryers

Please do not use a hairdryer or hair appliances to dry your hair when oxygen is used. Please turn off your young person's oxygen equipment and wait for 20 minutes before using heated appliances.

Looking good

Please do not use make up, moisturisers, lip balms, spot creams and suntan lotions whilst using oxygen, if they contain oil or petroleum in their ingredients.



Please do not apply hairsprays, nail varnish, perfumes/aftershaves and deodorants, whilst using oxygen, as they may contain ingredients that are flammable and could cause a fire. Oxygen can be restarted once any cosmetics have dried completely.

Relationships

There is nothing stopping your young person having fun with friends and going on dates.

If your young person is out with friends, tell them what to do if they start to feel unwell. Provide friends with an emergency contact number.

Store our Healthcare Helpline number **0800 373580** in your mobile just in case you need it.

Caution

Please make sure any friends or family do not smoke or use any candles, aromatherapy, aerosol sprays or incense burners near your young person when using oxygen.

Using handheld tablets/mobile phones or laptops

Please do not plug in, turn on or off chargers, when using a tablet, mobile phone or laptop whilst using oxygen.

Sleepovers

If your young person would like to stay overnight at somebody else's home please call Baywater Healthcare on **0800 373580** and we can arrange for the oxygen equipment to be installed and delivered there.

School/day/overnight trips

Please discuss any planned trips with your Healthcare Professional and the teacher.

For day trips, please ensure that you have enough oxygen and that any oxygen equipment is transported in a safe, secure way.

Two weeks before a residential trip please call our Healthcare Helpline on **0800 373580** to arrange for the oxygen equipment to be delivered.

Travelling

If you use an electric wheelchair please ensure you remove your oxygen cylinders whilst your wheelchair is being charged.

If you are planning respite care or a holiday please call our Healthcare Helpline on **0800 373580** with the address, at least two weeks before you or your young person plans to go, and we can arrange for your oxygen supplies to be delivered where the stay is planned.

If you need a change to oxygen equipment to suit the needs of travel please contact your Healthcare Professional.

Oils, creams and ointments

Do not use creams, lotions or moisturisers that contain the ingredient oil on your skin whilst using oxygen.

This includes sun creams. Oils include peanut, olive and coconut.

Please only use water based creams and lotions on your skin at all times. If you are unsure which creams to use please speak to your Healthcare Professional or a Pharmacist for advice.

Smoking/e-cigarettes

You must not smoke or use e-cigarettes whilst using or are near to oxygen, due to the risk of fire. Please inform your family and friends of the risk. Be aware of other peoples smoking habits when entering into public places or venues.





Useful Contacts

Baywater Healthcare

www.baywater.co.uk - 0800 373 580

Our website provides information regarding the service.

Bliss

www.bliss.org.uk - 0808 801 0322

Bliss is a charity for babies who are born with health conditions.

British Lung Foundation

www.lunguk.org - 03000 030555

This UK charity supports those affected by lung disease.

(open 24 hours, 7 days a week for urgent calls)

Breathe Easy Support Groups

**www.blf.org.uk/support-for-you/breathe-easy -
03000 030 555**

230 support groups across the UK ran by the British Lung Foundation.

Child Lung Foundation (ChILD)

www.childlungfoundation.org

ChILD is a patient-led group whose main aim is to unite families and raise ChILD awareness.

Cystic Fibrosis Trust

www.cysticfibrosis.org.uk - 0300 373 1000

Offers support for those with cystic fibrosis and their carers.

National Fire Service

www.fireservice.co.uk

Free information on fire safety. You can also arrange a free home fire safety check on your property.

NHS Choices

www.nhs.uk/pages/home.aspx

Official site of the NHS in England.

NHS Scotland

www.scot.nhs.uk/

Official site of the NHS in Scotland.

NHS Wales

www.nhsdirect.wales.nhs.uk/

Official site of the NHS in Wales.

Ouch

www.ouchuk.org

Raising general awareness of cluster headache.

Pulmonary Hypertension Association

www.phauk.org - 01709 761 450

Provides information on Pulmonary Hypertension.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue lines across its entire width, providing a guide for writing. The background is a clean, solid white color. There are no margins, text, or other markings present on the page.

39



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