

Living With Oxygen

Healthcare
Helpline
0800 373580

Living with Oxygen

This booklet contains helpful advice whilst using oxygen when out and about.



School/College/University or Workplace

The Healthcare Professional that prescribed your oxygen will discuss with you if you need to have another supply of oxygen at school, college, university or at work.

Baywater Healthcare may need to check your school or workplace to make sure that it is safe for you to use oxygen there.

Another Address

We can provide your oxygen at another address. This could be a holiday home, family member's home, a place that you visit often or respite care. Just give us a call on our Healthcare Helpline on **0800 373580**.

Tips and Hints

If you are going to use bunsen burners, ovens, welding equipment or other activities where heat is used, turn off your oxygen equipment 20 minutes beforehand.





Away from Home - UK

You can have the same oxygen equipment that you have at home.

Phone our Healthcare Helpline on **0800 373580** two weeks before you go away with:

- Start date and end date of your stay
- Contact name and telephone number of location
- Address of where you are staying
- Your mobile phone number
- Booking reference or name of person who has placed the booking

Travel Abroad

Baywater Healthcare cannot give you oxygen to take out of the UK. Call our Healthcare Helpline and we will put you in touch with people who can help you.

Alternatively you can look on the NHS choices website: <https://www.nhs.uk/NHSEngland/Healthcareabroad/Pages/Healthcareabroad.aspx> or www.blf.org.uk



Driving/Travelling in a Car

You can still drive or go in a car if you have oxygen, just follow the safety advice below:

- Ensure your oxygen equipment is secure
- Use the safety box if you are going to use more than one cylinder and secure this in the boot of the car
- Do NOT smoke
- Do NOT use oxygen at a petrol station

Buses, Trains, Trams (underground and overground)

You can still use all public transport with oxygen, you just need to check with them first.

We are happy to liaise with transport agencies to explain oxygen and safe travel advice as required.

Restaurants, Cinemas, Theatres

Take enough oxygen with you when you are going out for a meal or to watch a film, play or concert.

Allow extra oxygen in case of delays.

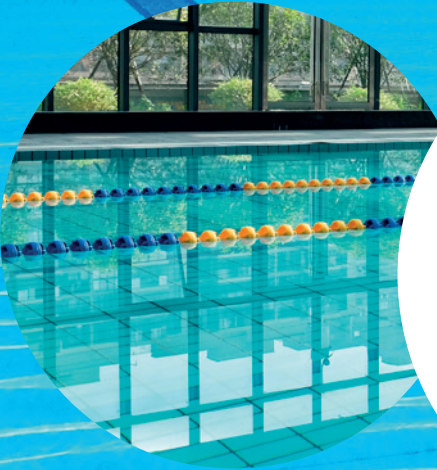
Be careful around other people who smoke or other flames such as barbeques.

Open 24 hours, 7 days a week for urgent calls

Swimming

You can still go swimming if you have oxygen but you will need to speak to your Healthcare Professional first.

If they say you can go swimming you will need someone to carry your oxygen equipment at the side of the pool. You will need extra tubing and nasal prongs which you can order from our Healthcare Helpline **0800 373580**, open 8.00am to 6.30pm.



If you get water inside your nasal prongs, throw them away and use a new one.

Be Safe



Do not use oil based creams as these can react with oxygen



Do not smoke

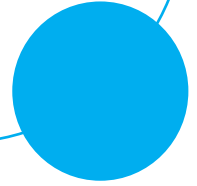


Turn off your oxygen when not in use



Do not use heated objects, such as hair dryers or straighteners whilst using your oxygen

For more safety information please refer to 'Your Guide To The Home Oxygen Service' booklet



For more information please contact:

Baywater Healthcare

Wulvern House
Electra Way
Crewe
Cheshire
CW1 6GW

Call:0800 373580

 healthuk@baywater.co.uk

 @BaywaterHealth

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