

# Wearing your oxygen mask (CPAP / NIV)

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**



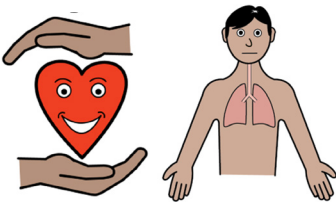
Medical staff might want you to wear a mask to help you breathe.

**oxygen**



This might be because your body needs more oxygen.

**heart lungs**



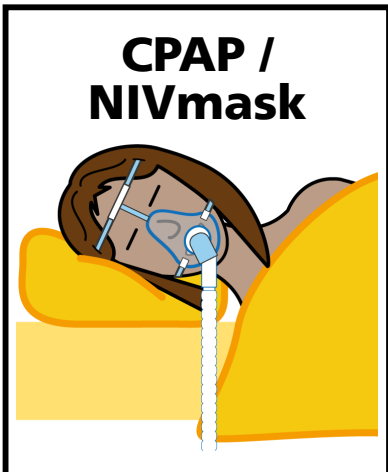
Oxygen keeps our hearts and lungs healthy.



**feeling better**



**CPAP /  
NIVmask**



You might need oxygen if you are poorly.

Oxygen will help you to feel better and breathe easier.

People will call this a CPAP / NIV mask and this is what it looks like.

You can breathe normally with the mask on.

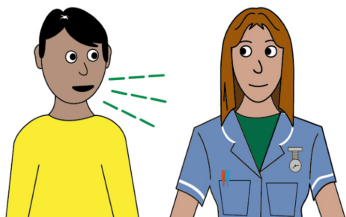
**loud, noisy**



**nurse**



**talk to your  
nurse**



Air will come through the mask and you breathe it in.

It might be a bit noisy.

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

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



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