

# If you're feeding pigeons around you, Beware!

It can cause a rare &  
irreversible lung disease.



**Fungus present in bird droppings or feathers, when inhaled, can lead to ailments such as **Bird Fancier's Lung**, a form of **Hypersensitivity Pneumonitis (HP)**.**



# What is Hypersensitivity Pneumonitis?

**It is a type of allergy that causes inflammation in the small air sacs of your lungs (alveoli).**



## How is it different from other allergies?

**Common allergies cause hay fever and asthma.**

**Repeated exposure to allergens that cause HP can lead to inflammation that can permanently damage the lungs.**



# Here's how you can avoid it

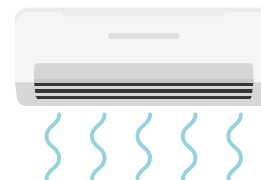
01

**Don't feed the pigeons**



02

**Keep your air-conditioners clean**



03

**Avoid feather-filled bedding**



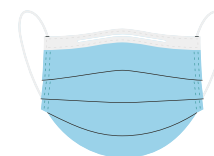
04

**Keep your pets' living spaces clean**



05

**Wear a mask when you clean them**



# Give your employees a healthy workspace and watch them thrive!



Counsellors



Doctors



Dietitians



Financial advisors



Yoga



Dance



Art



Articles & Videos



POSH training



Pharmacy



Lab tests



Physios



Email Support



Newsletters



Branded comms



Monthly reports