



Fact sheet

Using a hand-held fan

We have made this fact sheet to help you when you are feeling short of breath. **Get advice from your GP if being short of breath is new for you, or if your breathing is getting worse**

Will using a fan help me when I feel short of breath?

Cool air from a hand-held fan may help you to feel less breathless. Electric fans with three or more spinning blades seem to work best. The air flow should be medium or strong.

How should I use the fan?

- Sit up in a comfortable position.
- Hold the fan about 6 inches or 15 centimetres in front of your face.
- Point the fan at the **middle** of your face.
- Feel the moving air around the **sides of your nose** and **above your top lip**.
- You should feel less breathless within a few minutes.



When should I use the fan?

You can use the fan for as long and as often as you wish. A fan may help:

- if you are suddenly short of breath
- when taking a rest from an activity.

Remember to recharge the fan or take spare batteries when you are out of the house.

Is using a hand-held fan safe?

There are no known problems with using a fan when you are feeling short of breath.

If a hand-held fan doesn't feel right for you, try:

- fans that stand on the floor or on a table
- opening windows to let cool air in
- using a cool flannel on your face

www.kch.nhs.uk/breathlessness-support



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