**Title –**

Put your own oxygen mask before helping others

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**Statement –**

This is to confirm that the article entitled “Put your own oxygen mask before helping others

” submitted to the Indian Journal of Medical Ethics is original. I have participated in the work sufficiently to meet the ICMJE guidelines for authorship. I have read and approved the manuscript. The submission is not under consideration for publication in any other journal. There is no conflict of interest and there is no financial support from anywhere. I have read the terms and conditions of authorship of IJME and accept them.