

Southeast Health District COVID-19 and Asthma

Based on current information and clinical expertise, older adults and people of any age who have serious underlying medical conditions may have a greater risk for serious illness from COVID-19. **This includes children and adults living with moderate to severe Asthma.** COVID-19 may affect your respiratory tract, cause an asthma attack and possibly lead to pneumonia and acute respiratory disease.

HOW CAN YOU PREPARE?

- Stock up on your supplies.
- Stay at home away from people who are sick.
- Avoid sharing personal household items such as cups and towels.
- Wash your hands often with soap and water for at least 20 seconds.
- Clean and disinfect frequently touched surfaces.
- Follow your Asthma Action Plan.
- Have a list of all your medications.
- Continue with your current medications, including any inhalers with steroids. Do not stop taking or changing any medications without talking to your healthcare provider.
- Talk to your healthcare provider, insurance carrier and your pharmacist about obtaining a 90-day supply of your prescription medications in case you have to remain at home for a period of time.
- Make a list of phone numbers of your doctors and healthcare team, your pharmacy and your insurance provider.
- Know when and how to use your inhaler(s).
- Avoid your asthma triggers such as pollen, smoke, pet dandruff, chemicals, etc.

WHAT SHOULD I KNOW ABOUT COVID-19 SYMPTOMS?

- COVID-19 symptoms are fever, cough or shortness of breath. If you develop these, please contact your healthcare provider.
- If you or someone you know develops warning signs such as difficulty breathing, persistent pain or pressure in your chest, new confusion, inability to arouse, or blueness of lips or face, call 911. This could be a strong indicator of a more severe illness.

WHERE CAN I FIND MORE INFORMATION?

- *Centers for Disease Control and Prevention's Asthma FAQ*
www.cdc.gov/asthma/faqs.htm
- *CDC's "People with Moderate to Severe Asthma"*
www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/asthma.html

