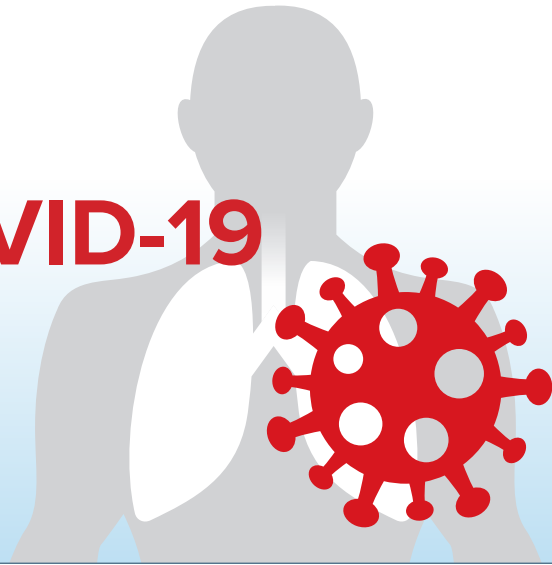


Asthma and COVID-19

People with moderate to severe asthma, especially if not well-controlled, may be at higher risk of getting very sick from COVID-19.



COVID-19 symptoms

- Fever
- Chills (sometimes with shaking)
- Shortness of breath or difficulty breathing
- Nasal congestion or runny nose
- Sore throat
- Muscle or body aches
- Headache
- Nausea, vomiting or diarrhea
- New loss of taste or smell (in some people)

Here's what you can do...

Asthma Protection

- Take your daily asthma controller medication as prescribed.
- Use your quick-relief inhaler at the first sign of asthma symptoms.
- Keep your regular doctor appointments – ask if telehealth is an option.
- Check to see if your prescriptions are up to date and not expired.
- Follow your Asthma Action Plan.
- Avoid your asthma triggers.
- Get the flu vaccine before or during flu season.
- Know how to correctly use your inhaler – discuss this with your doctor if you don't.
- Use a nebulizer in a place where any respiratory droplets in air cannot be inhaled by others.
- Monitor breathing with a peak flow meter and take note of any changes.

COVID-19 Prevention

- Get the COVID-19 vaccine and boosters.
- Practice social distancing (at least 6 feet) if you or others have COVID-19, or if community levels of COVID-19 are high.
- Wear a face mask if community levels of COVID-19 are high.
- Avoid large crowds if community levels of COVID-19 are high.
- Clean and disinfect frequently touched surfaces.
- Avoid touching your nose, eyes and mouth.



If you are feeling sick, consider taking a COVID-19 test. If the test is positive, contact your doctor to discuss your symptoms and treatment. Stay home and separate yourself from others so you do not risk spreading infection. Visit [CDC.gov](https://www.cdc.gov) for updated guidance and management strategies.

