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 for updated guidance and management strategies.

Sources: U.S. Centers for Disease Control & Prevention; American College of Allergy, Asthma & Immunology

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