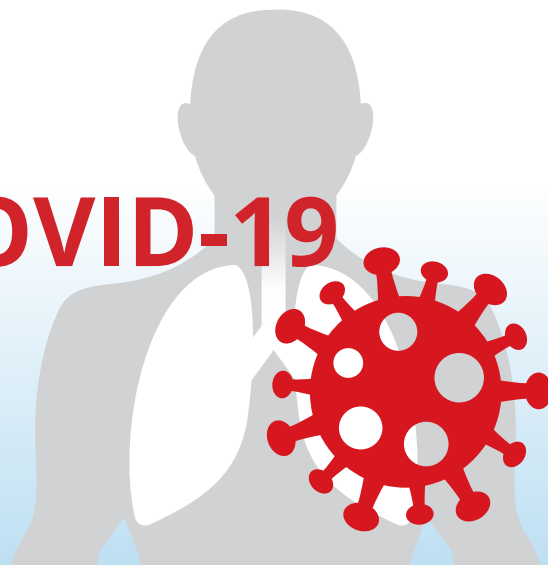


Asthma and COVID-19

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



COVID-19 symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Congestion or runny nose
- Sore throat
- Muscle or body aches
- Headache
- Fatigue
- Nausea or vomiting
- Diarrhea
- A loss of taste or smell

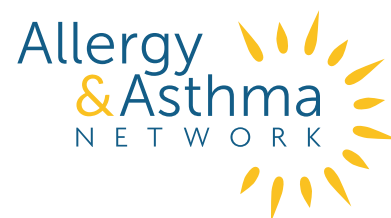
What you need to do...

Asthma Protection

- Take your daily asthma controller medications as prescribed.
- Check to see if your prescriptions are up to date and not expired.
- Keep an emergency supply of prescription and OTC medications, including asthma inhalers (but do not hoard medications).
- Follow your Asthma Action Plan.
- Know how to correctly use your inhaler – discuss with your allergist if you don't.
- Use a nebulizer in a place where any droplets in air cannot be inhaled by others.
- Avoid your asthma triggers.
- Monitor breathing with a peak flow meter and take note of any changes.
- Help yourself cope with stress and anxiety – consider stress-relieving activities (exercise, meditation, yoga).
- Keep your regular doctor appointments – ask if telehealth is an option.

COVID-19 Prevention

- Get the COVID-19 vaccine
- Make sure indoor spaces are well-ventilated and bring in fresh air. This can reduce virus particles in the air.
- Use air filters in your HVAC system.
- Clean and disinfect frequently touched surfaces.
- Avoid touching your nose, eyes and mouth to reduce transfer of virus particles.
- Wash hands and face often.
- Wear a mask and practice social distancing to lower the risk of COVID-19 transmission.



Feeling sick? Take a COVID-19 test – available for purchase at most U.S. pharmacies. If the test is positive, contact your healthcare provider to discuss symptoms and treatment. Stay home and separate yourself from others so you do not risk spreading infection.