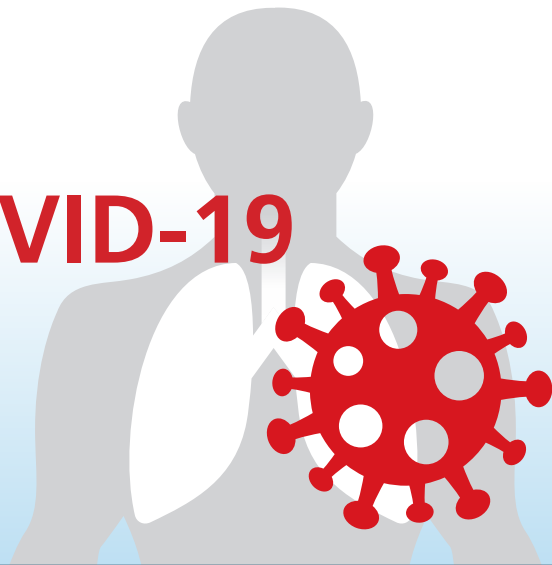


# Asthma and COVID-19

People with asthma and other chronic respiratory diseases may be at higher risk for severe complications – including life-threatening pneumonia or bronchitis – if diagnosed with COVID-19 (also called coronavirus).



## COVID-19 symptoms

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

## What you need to do...

### 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, yoga, etc.)
- Keep your regular doctor appointments – ask if telehealth is an option

### Prevention

- Wash your hands regularly using soap and water
- Avoid touching your face
- Clean and disinfect frequently touched surfaces
- Practice social distancing (at least 6 feet)
- Avoid large crowds of people
- Wear a mask or cloth face covering when in public
- If your asthma is moderate or severe and you don't feel you can wear a mask because it impacts your breathing, it may be best for you to stay home or avoid public places. If you must go out, avoid large crowds and practice social distancing.



**If you are feeling sick, contact your doctor right away to discuss your symptoms, stay home and separate yourself from others so you do not risk spreading infection. Visit [CDC.gov](https://www.cdc.gov) for updated information and COVID-19 management strategies.**

