

IF I HAVE ASTHMA, WHAT DO I NEED TO KNOW ABOUT COVID-19?



1 Am I more likely to get COVID-19 if I have asthma?



No! You are not more likely to get COVID-19 from asthma. However, getting infected may make your symptoms worse for a period of time, as well as if you get the flu or the common cold.

2

How can I stay healthy?

- Avoid people who are sick
- Stay 6 feet apart from others
- Wash your hands more often
- Wear a mask when you are indoors

The COVID vaccine is both safe and effective for people with asthma!



3 Should I still go to the doctor for my asthma?



Yes! Keep going to your doctor visits. Many clinics now have video visits so you don't have to go in-person.

Keeping you asthma well-controlled will help keep you from getting serious side-effects from COVID.

4

Should I still take my asthma medicines?

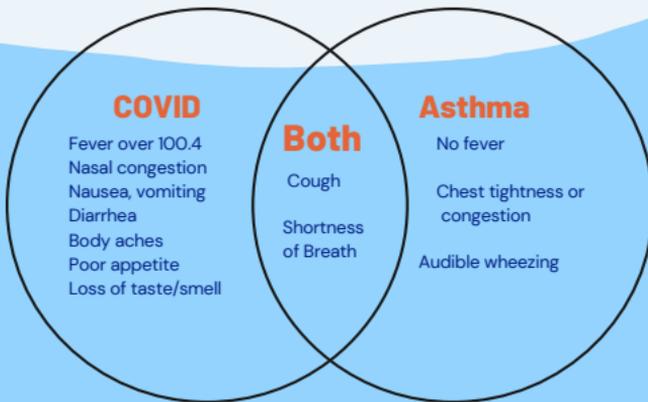
Yes! Take your medicines as prescribed. Right now, no asthma medicines have been shown to make it more likely to have serious side-effects from COVID.



5

Is this an asthma attack or COVID-19?

Symptoms of COVID-19 and asthma do overlap somewhat.



6



What should I do if I feel sick?

- COVID can feel like an asthma attack
- Follow your asthma action plan
- Use your rescue inhaler if you need it
- Call your doctor right away

7

What should I do if I feel stressed or anxious?

Having asthma can be stressful, even when we are not worrying about COVID

If you have anxiety or depression that's hard to control, reach out to family and friends, and/or tell your doctor.



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Where can I find more information?



- [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)
- covid19.who.int
- [aafa.org](https://www.aafa.org)

Source: Lung.org