Coronavirus (COVID-19) & Asthma

You might be wondering what coronavirus means for you if you have asthma. When people with asthma get respiratory infections, it can set off their asthma symptoms.

To reduce your risk of asthma symptoms, the best action you can take is to follow these simple asthma management steps:

- Keep taking your preventer inhaler daily as prescribed. This will help cut your risk of an asthma attack being triggered by any respiratory virus, including coronavirus.
- Carry your reliever inhaler (usually blue) with you every day, in case you feel your asthma symptoms flaring up.
- Make sure you have an updated Asthma Action Plan to help you recognise and manage asthma symptoms when they come on.
- Be aware of your asthma triggers and avoid these where possible.
- Do not smoke and avoid areas where smoke is where possible.
- If you feel like your asthma symptoms are deteriorating call your healthcare professional for advice and guidance.

As well as taking care of your asthma, there are some straightforward steps everyone can take to lower the risk of getting and spreading coronavirus:

- Wash your hands often with soap and warm water.
- Use tissues to wipe your nose or catch sneezes, and then bin them straight away.
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands aren't clean.
- Follow the NHS advice to stay at home for seven days if you have a temperature and/or a new continuous cough. We know this advice may be confusing for people with asthma as many of you will get asthma coughs regularly. If you're not sure what kind of cough it is, please speak to your GP, use the online 111 service or call 111 to ensure that you get the right care.