

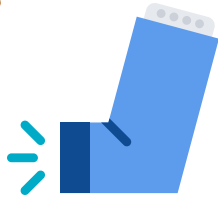
## COVID-19 AND PEOPLE WITH ASTHMA

People with moderate to severe asthma may be at higher risk of getting very sick from COVID-19. COVID-19 can affect your respiratory tract (nose, throat, lungs), cause an asthma attack, and possibly lead to pneumonia and acute respiratory disease.

### Follow Your Asthma Action Plan



Keep Your asthma under control by following your action plan



Know how to use your inhaler

Avoid your asthma triggers.

Don't stop any medications or change your asthma treatment plan without talking to your healthcare provider.

Continue your current medications, including any inhalers with steroids in them ("steroids" is another word for corticosteroids).



Talk to your healthcare provider, insurer, and pharmacist about creating an emergency supply of prescription medications, such as asthma inhalers.

Make sure that you have 30 days of non-prescription medications and supplies on hand too in case you need to stay home for a long time

Discuss any concerns about your treatment with your healthcare provider.

As more cases of COVID-19 are discovered and our communities take action to combat the spread of disease, it is natural for some people to feel concerned or stressed.

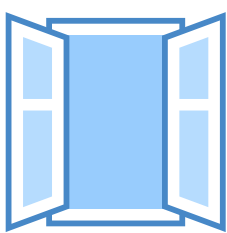
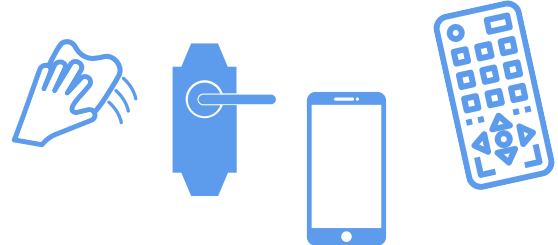
Strong emotions can trigger an asthma attack. Take steps to help yourself cope with stress and anxiety.



### Clean and Disinfect Things You or Your Family Touch Frequently

If possible, have someone who doesn't have asthma do the cleaning and disinfecting. When they use cleaning and disinfecting products, have them:

- Make sure that people with asthma are not in the room.
- Minimize use of disinfectants that can cause an asthma attack.
- Open windows or doors and use a fan that blows air outdoors.



- Clean and disinfect surfaces like phones, remotes, tables, doorknobs, light switches, countertops, handles, desks, keyboards, toilets, faucets, and sinks daily.
- Always follow the instructions on the product label.
- Add a little Spray or pour spray products onto a cleaning cloth or paper towel instead of spraying the product directly onto the cleaning surface (if the product label allows).

**Help us  
FLATTEN THE CURVE!**

