



## Asthma and COVID-19 Resource

*(Updated 03/27/2020)*

### **PATIENTS WITH ASTHMA ARE AT A HIGHER RISK OF GETTING VERY SICK FROM COVID-19**

The CDC recommends that providers review individual Asthma Action Plans for patients. An emergency supply of all prescription medications is recommended, as well as a 30-day supply of non-prescription medications and supplies. Physicians should ensure that patients know how to use inhalers, avoid asthma triggers, and take steps to alleviate stress and anxiety.

### **CREATING YOUR ASTHMA ACTION PLAN**

Take your asthma medication exactly as prescribed. 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.

1. Know how to use your inhaler.
2. Avoid your asthma triggers.
3. Know your “zones”
  - a. Green Zone:
    - i. Your breathing is good
    - ii. No coughing or wheezing
    - iii. You can sleep through the night
    - iv. You can work, exercise and play
  - b. Yellow Zone:
    - i. You have a cough, mild wheeze, or tight chest
    - ii. You are coughing at night

- c. Red Zone:
  - i. Your quick-relief medicine did not help within 15-20 minutes
  - ii. Breathing is hard or fast
  - iii. Nose opens wide
  - iv. Ribs show
  - v. You have trouble walking and talking
  - vi. Lips or fingernails are blue
- 4. Clean and disinfect frequently touched services like tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks daily to protect yourself against COVID-19. Avoid disinfectants that can cause an asthma attack.
- 5. 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.