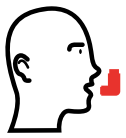


# Asthma and COVID-19

People with asthma may be at an increased risk of more severe health impacts if infected with coronavirus (COVID-19). Because COVID-19 affects the respiratory tract (nose, throat, and lungs), complications such as asthma episodes or even hospitalizations may occur. One of the most important things people with asthma can do to protect themselves, aside from social distancing, is to ensure their asthma is well managed. Below are some tips to managing asthma:



Take controller medication as prescribed to help manage asthma episodes and symptoms



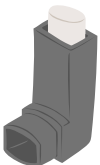
Do not smoke or vape and avoid areas where smoke is present



Make sure to practice proper inhaler technique



Know your asthma triggers and how to avoid them



Always carry your quick relief or reliever inhaler in case of emergency



Have an up-to-date asthma action plan and communication plan



Use your spacer to ensure the most effective medication delivery



If you feel like your symptoms are worse or you notice a fever or cough, call your doctor to discuss next steps



Fill your prescriptions to ensure you have at least a month's supply