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.