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Coronavirus Disease 2019 (COVID-19)



People with Moderate to Severe Asthma People with Asthma

Updated Aug. 27, 2020

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This information is based on what we currently know about the spread and severity of COVID-19.

Risk of Severe Illness from COVID-19

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

Treatment

There is currently no preventive treatment or vaccine for COVID-19. The best way to prevent yourself from becoming exposed to the virus (SARS-CoV-2) that causes COVID-19 is to avoid situations where you are likely to be exposed.

Prepare for COVID-19

- Make sure that you have at least a 30-day supply of your [medicines](#).
- Take [everyday precautions](#) like washing your hands, avoiding close contact and [staying away from other people](#) (at least 6 feet length) from other people.
- [Wear masks](#) in public settings and when around people who don't live in your house.
- When out in public, keep away from others and [avoid crowds](#).
- [Wash your hands](#) often with soap and water for at least 20 seconds or use [hand sanitizer](#) with at least 60% alcohol.
- Avoid [cruise travel](#) and non-essential air [travel](#).
- During a COVID-19 spread (outbreak) in your community, [stay home](#) as much as possible to avoid being exposed.
- [If someone in your home is sick](#), have them stay away from the rest of the household to prevent the spread of the virus in your home.

Follow your Asthma Action Plan

- Keep your asthma under control by following [your asthma action plan](#).
- Avoid your [asthma triggers](#).
- Continue current medications, including any inhalers with steroids in them ("steroids" or "corticosteroids"). [Know how to use your inhaler](#).
- Do not stop any medications or change your asthma treatment plan without talking to your healthcare provider.

- Talk to your healthcare provider, insurer, and pharmacist about creating an emergency medications, such as asthma inhalers. Make sure that you have 30 days of non-prescription [supplies](#) on hand in case you need to stay home for a long time.
- [Take steps to help yourself cope with stress and anxiety.](#)
- As more cases of COVID-19 are discovered and our communities take action to combat the virus, it is natural for some people to feel concerned or stressed. Strong emotions can trigger an asthma attack.
- For information on administering asthma medication in schools, visit [K-12 Schools and Childcare](#).

Any disinfectant can trigger an asthma attack

Follow the recommendations below to reduce your risk of an asthma attack while disinfecting to prevent COVID-19.

- If you have asthma,
 - Ask an adult without asthma to clean and disinfect surfaces and objects for you.
 - Stay in another room when cleaners or disinfectants are being used and right after cleaning.
 - Use only cleaning products you must use. Some surfaces and objects that are sensitive should be cleaned only with soap and water.
 - Make a list of the urgent care or health facilities near you that provide nebulizer treatments.
 - If you have an asthma attack, move away from the trigger such as the disinfectant. Follow your [Asthma Action Plan](#). Call 911 for medical emergencies.
- The person cleaning and disinfecting should:
 - Follow [recommendations](#) for cleaning and disinfecting to prevent COVID-19.
 - Choose disinfectants that are less likely to cause an asthma attack, using [EPA's list](#) of disinfectants, such as:
 - products with hydrogen peroxide (no stronger than 3%) or ethanol (ethyl alcohol)
 - products that do NOT contain peroxyacetic acid or peracetic acid.
 - Limit use of chemicals that can trigger asthma attacks, such as bleach (sodium hypochlorite) and ammonium compounds (e.g. benzalkonium chloride), and do not use them in enclosed spaces.
 - Follow [additional precautions](#) for cleaning and disinfecting places where people have had exposure to asthma triggers.

- **Use products safely and correctly:**
 - Always read and follow the directions on the product label to ensure you are using it correctly.
 - Wear skin protection such as gloves and consider eye protection to protect you from splashes.
 - Make sure there is enough air flow (ventilation).
 - Use only the amount recommended on the label.
 - Use water at room temperature for dilution (unless stated otherwise on the label).
 - Do NOT mix chemical products. Label diluted cleaning solutions.
- **Store products safely and correctly**
 - Store and use chemicals out of the reach of children and pets.
 - Label diluted cleaning solutions.
 - Follow [EPA's 6 steps for Safe and Effective Disinfectant Use](#)  .

If you feel ill

Contact your health care provider to ask about your symptoms. If you don't have a health care provider, contact your nearest [community health center](#)  or [health department](#). Remember to call 911 for medical emergencies.