

**Factsheet 28**

Updated on 8 January 2021

**Advice for people with asthma who develop
COVID-19 symptoms**

This factsheet has been designed for use by healthcare professionals only.

What to advise people who have asthma and develop symptoms of COVID-19?

In line with Asthma UK guidance the following advice should be provided to people who have asthma and develop symptoms of COVID-19¹:

- To stay at home until they are no longer contagious in line with government advice. Patients are able to use the [111 coronavirus service](#).
- Patients should then arrange to have a test to see if they have COVID-19
- It is important to inform all people who the patient has come into contact with in the past 48 hours that you have coronavirus symptoms. Patients would then need to follow the Test and Trace advice if a positive test is attained.
- People with asthma should continue to follow their personalised asthma action plan which will include what they need to do if their asthma symptoms get worse. They should be reminded that in the event of an asthma attack they must call 999 for an ambulance as per normal protocol and inform them they have COVID-19 symptoms or if they received a positive COVID-19 test result.
- People with asthma must continue to use their prescribed asthma medications as normal and must contact the relevant healthcare professional should they feel their asthma worsens.



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In line with the British Thoracic Society (BTS) guidance:²

- The best method to recovery for a person who is infected with COVID-19 and has asthma, is to ensure their asthma is as stable as possible. They can do this by ensuring they take their medications as prescribed and as outlined in their personalised asthma action plan.
- It is important to remind people to have their reliever inhaler to hand and to use it as prescribed should their asthma worsens.
- To advise people with asthma to ensure they have a sufficient supply of their medication at home and support their local pharmacy and GP practice by ensuring they re-order their repeat prescription in plenty of time. **REMEMBER** to inform people not to over- order or stockpile their inhalers and **NOT** to share their inhalers or spacers with any family and friends.

It is really important for people to have their inhaler technique checked regularly to ensure they receive full pharmacological effect of their medicines as well as reduce any side effects. Video consultations maybe suitable to support with this where appropriate.

People with asthma can be signposted to the following **video**³ to help them do this.

Further details can be found on the BTS Website: Advice for Healthcare Professionals Treating People with Asthma (adults) in relation to COVID-19

References:

¹Asthma UK Coronavirus Health advice for people with asthma www.asthma.org.uk

²British Thoracic Society: Advice for Healthcare Professionals Treating People with Asthma (adults) in relation to COVID-19: <https://www.brit-thoracic.org.uk/covid-19/covid-19-information-for-the-respiratory-community/>

³Asthma UK How to use your inhaler? : <https://www.asthma.org.uk/advice/inhaler-video>