



Asthma Factsheet 1

Updated on 8 April 2020

Advice for people with asthma who develop COVID-19 symptoms

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-19: ¹

- To stay at home until they are no longer contagious in line with government advice. *(People do NOT need to contact 111 to inform them they are staying at home).*
- If COVID-19 symptoms do not go away after 7 days or get worse or they are having difficulty in breathing, **they must call 111 for advice**, or 999 should they need emergency care. It is **vital** people inform the provider that they have asthma and if symptoms are getting worse.
- If the person cannot distinguish whether their cough is a symptom of COVID-19 or if it is related to their asthma, then they should call their GP or use the online 111 service facility to ensure they receive the most appropriate care.
- 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.
- 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.

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



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In line with the British Thoracic Society (BTS) guidance²:

- 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 to help them do this:
<https://www.asthma.org.uk/advice/inhaler-videos/>³

Further details can be found on the BTS Website: Advice for Healthcare Professionals Treating People with Asthma (adults) in relation to COVID-19⁴.

² British Thoracic Society: Advice for Healthcare Professionals Treating People with Asthma (adults) in relation to COVID-19

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

⁴ British Thoracic Society: Advice for Healthcare Professionals Treating People with Asthma (adults) in relation to COVID-19



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What to advise people who have asthma and live with someone that develops symptoms of COVID-19

In line with the government and Asthma UK the following advice should be given to people who have asthma and live with someone that develops symptoms of COVID-19:⁵

- The person and everybody else living in that household need to stay at home for 14 days from the time the first person in the household gets the symptoms.
- If the person with asthma then gets symptoms of COVID-19 they need to stay at home for at least 7 days, even if that takes them past the end of the 14 days they have been at home.
- People should be advised to make plans should they need support with their daily life. This may include getting food, medication and other essential items.

⁵ British Thoracic Society: Advice for Healthcare Professionals Treating People with Asthma (adults) in relation to COVID-19