

SEVERE ASTHMA AND COVID-19

Severe asthma is asthma that remains uncontrolled despite treatable factors having been addressed and maximal inhaled therapy being taken regularly.

MANAGEMENT OF ASTHMA ATTACKS

During COVID-19 people with severe asthma need to continue maintenance treatment as prescribed.

People with severe asthma should have an up-to-date written asthma action plan and be able to access the treatment recommended in the plan.

People with severe asthma who require oral corticosteroids either as maintenance or for management of acute attacks should continue to take these treatments as prescribed.

Patients should not stop oral or inhaled asthma medications without first discussing it with their healthcare provider.

ASTHMA ACTION PLAN
Take this ASTHMA ACTION PLAN with you when you visit your doctor.

NAME: _____ DOCTOR'S CONTACT DETAILS: _____ EMERGENCY CONTACT DETAILS: _____
DATE: _____ Name: _____
NEXT ASTHMA CHECK-UP DUE: _____ Phone: _____
Relationship: _____

WHEN WELL Asthma under control (at least no symptoms) ALWAYS CARRY YOUR RELIEVER WITH YOU
Peak flow? used: none
Your preventer is: _____ (NAME & STRENGTH) Times every day: _____
Take: _____ puffs/tablets
 Use a spacer with your inhaler
Your reliever is: _____ (NAME) _____
Take: _____ puffs
When you have symptoms like wheezing, coughing or shortness of breath:
 Use a spacer with your inhaler

WHEN NOT WELL Asthma getting worse (waking at night or a reliever that usually helps more symptoms than usual, waking up with asthma, asthma interfering with usual activities)
Peak flow? used: between _____ and _____
Keep taking preventer: _____ (NAME & STRENGTH) Times every day: _____
Take: _____ puffs/tablets
 Use a spacer with your inhaler
Your reliever is: _____ (NAME) _____
Take: _____ puffs
 Use a spacer with your inhaler

IF SYMPTOMS GET WORSE Severe asthma flare-up (attack) (waking reliever again within 2 hours, increasing difficulty breathing, waking often at night with asthma symptoms)
Peak flow? used: below _____
Keep taking preventer: _____ (NAME & STRENGTH) Times every day: _____
Take: _____ puffs/tablets
 Use a spacer with your inhaler
Your reliever is: _____ (NAME) _____
Take: _____ puffs
 Use a spacer with your inhaler

DANGER SIGNS Asthma emergency (waking at night, breathing problems, symptoms get worse very quickly, reliever has little or no effect)
Peak flow? used: below _____
DIAL 000 FOR AMBULANCE Call an ambulance immediately. Say that this is an asthma emergency. Keep taking reliever as often as needed. Use your adrenaline autoinjector (EpiPen or Anapen).

National Asthma Council Australia
nationalasthma.org.au

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ISOLATION RECOMMENDATIONS

People with asthma do not appear to be at greater risk of COVID 19 infection, however those with severe disease could experience more severe illness burden should they be infected by the virus.

We recommend that **people with severe asthma self-isolate and practice physical distancing** including from household occupants.

During the period of community containment, we recommend the use of telehealth for medical appointments unless face to face assessments are absolutely necessary.

SEVERE ASTHMA RECOMMENDATION

IN THE COMMUNITY

Self-Isolation. Stay at home unless absolutely necessary. Practice physical distancing.

WORK

Work from home.



STAY HOME
AS MUCH AS POSSIBLE

IF YOU MUST GO OUT STAY 1.5 METRES AWAY FROM OTHERS



Some people with severe asthma may be classed as essential workers, including health care professionals. We recommend that these individuals practice the self-isolation recommendations for severe asthma.

