

ASTHMA

Caring for Children with Asthma during COVID-19

COVID-19 and Asthma may share many of the same symptoms. The Center for Disease Control and Prevention (CDC) has advised that people with moderate to severe Asthma might be at an increased risk for severe illness if they get COVID-19. Therefore, as the season changes it is very important to ensure your child is up to date with his or her vaccinations, as well as knowing what steps you can take to manage your child's asthma at this time.



Help keep your child's Asthma under Control

It is always important to have well controlled asthma. In the current COVID-19 pandemic it is especially important. We want to prevent children from needing emergency department care when possible. Having uncontrolled asthma is a risk factor for asthma attacks, so control is the goal. However, if your child is having an asthma emergency, don't delay seeking immediate medical care. Hospitals and urgent care clinics are still open and taking extra steps to keep patients and health care workers safe.

Asthma attack during the COVID-19 Pandemic

For children with asthma, it is important to manage asthma attacks in the same way as usual during the pandemic. Make sure you tell your child's doctor about any questions concerns you have about your child's asthma medicine or action plan.

Prevention Tips

Help your child follow their asthma management plan and take their **controller medications** as prescribed. Know when to step up care and when to call your pediatrician or asthma care provider. In addition, there are other steps you can take:

- **Go Smoke Free-** People with asthma should avoid asthma triggers such as tobacco smoke. The 1-800-QUITNOW is a free nationwide number that helps people stop smoking. Many states provide free supplies such as nicotine replacement patches.
- **Avoid Allergy Triggers-** Try to reduce exposure to known allergy **triggers**, which can also aggravate asthma. Cleaning is important to help reduce allergens, along with COVID-19 germs, but can be tricky for parents of children with asthma. If your child is sensitive to certain cleaning products, using them when your child is not in the room, turn on a fan, open a window, or try switching to less irritating products.
- **Reduce Stress-** Take time to relax as a family, and use **positive parenting** tips to help your child cope and build **resilience**. Taking a walk **outside** (still staying physically distanced) and keeping active can help to reduce stress.



American Academy of Pediatrics

Caring for Children with Asthma during COVID-19: Parent FAQs

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Caring-for-Children-with-Asthma-During-COVID-19.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>