

## COVID-19 and Asthma — Health Recommendations for People with Asthma

*Updated June 12, 2020*

At this time, the [Public Health Agency of Canada \(PHAC\)](#) has noted there is an increased risk of more severe outcomes for Canadians:

- aged 65 and over
- with compromised immune systems
- with underlying medical conditions

**Canadians are advised to avoid all non-essential travel.**

As the situation develops around the globe, you can find the most up-to-date information for people in Canada on the [Government of Canada's website](#). Be sure to also check provincial and local authorities for information specific to your location.

You might be wondering what COVID-19 means for you, or your loved ones with asthma. When people with asthma get respiratory infections, it can trigger their asthma symptoms. Most people recover from COVID-19 after a period of rest, that may extend up to 14 days. In some, it can be more severe and, in rare cases, life-threatening. The symptoms are similar to other much more common illnesses such as a cold or flu, and include:

- cough;
- high temperature or fever,
- shortness of breath.

Data is not yet conclusive, but it appears that people of all ages can be infected by the virus, which causes respiratory disease. People with underlying chronic conditions appear to be more at risk of severe effects.

## Medication Recommendations

***Asthma Canada recommends that Canadians with asthma ensure they renew or refill their asthma prescriptions with a 30-day supply so that they don't run out of medication, should they become ill.***

Consult your healthcare provider days before you think you will run out of medications. Order your refills from the pharmacy at least one week in advance to be sure the medication is available.

**If your medication is not available, your healthcare provider or pharmacist will assist you in developing a plan for replacing your medication.** There are a number of different inhaled and oral medications that could be considered. Your pharmacist or healthcare provider should be able to advise you of the most appropriate alternative treatment plan in the event of a medication shortage.

If you normally order a prescription for *more* than 30 days of medication, you may find your pharmacist only dispenses a 30-day supply so that medications do not run out due to people stockpiling.

**Talk to your healthcare provider or pharmacist about medication shortages.** Do not rely on information found online.

Any changes made to 30-day refill prescriptions will increase the number of prescriptions and may affect the dispensing fees. Provincial and territorial governments have addressed setting limits to offset the cost. Speak to your pharmacist about cost and billing, or consult the Ministry of Health for your jurisdiction.

***Asthma Canada recommends that Canadians with asthma continue to take their prescribed asthma medications unless their healthcare provider has advised otherwise. Stopping medication without consulting your healthcare provider is dangerous. Do not stop or modify your asthma medications because of concern about COVID-19. This includes biologics.***

## Non-medical Face Masks

The Public Health Agency of Canada currently **recommends** that Canadians wear non-medical face masks while in public spaces where physical distancing cannot be maintained – such as on public transit, or at the grocery store.

*“Public health officials will make recommendations based on a number of factors, including the rates of infection and/or transmission in the community. Recommendations may vary from location to location.”*

**Be sure to check your provincial or territorial authority for up-to-date guidance.**

**Wearing a face mask is NOT a substitute for physical distancing or frequent handwashing.**

Wearing a non-medical face mask is an extra measure that can be taken to protect those around you. When worn properly, a person wearing a non-medical mask or face covering can reduce the spread of his or her own infectious respiratory droplets.

Make sure you wear your mask or face covering properly. It should cover both your nose and mouth. You can read information about [appropriate use of non-medical masks](#), and [how to properly place, remove and clean a non-medical mask](#) from the Public Health Agency of Canada.

**The vast majority of people with asthma can wear a non-medical mask or face covering safely.** If you are unable to wear a non-medical mask without experiencing breathing issues, do not wear a mask. Instead, make sure you are practicing physical distancing by maintaining a 2-metre distance.

**Below are a few tips to help adjust to wearing a non-medical mask or face covering when you have asthma:**

- Try to go out during cooler periods of the day.
- Plan your trip in advance by writing a list of items/errands, so you complete your trip as efficiently as possible.
- Wear a mask around your home for approximately 20 minutes to give yourself time to adjust to how it feels.
- Experiment with different types of mask materials and styles. Some masks fit more snugly than others, and some materials may feel more comfortable. Always refer to [appropriate mask wearing](#).

## Asthma Management Recommendations

**To protect yourself and reduce your risk of asthma symptoms, follow these simple asthma management steps:**

- Keep taking your controller medication daily or as prescribed. This will help cut your risk of an asthma attack being triggered by any respiratory virus, including COVID-19.
- Carry your reliever inhaler with you every day, in case your asthma symptoms flare up.
- Monitor your asthma symptoms closely and follow your Asthma Action Plan to help you recognize and manage asthma symptoms, and know when to seek advice from your healthcare provider or emergency help.
- Take care of yourself. Get plenty of rest and fluids, and eat good nutritious food.
- Reach out to Asthma Canada's Asthma & Allergy HelpLine call-back service to connect with a Certified Respiratory Educator if you have questions about managing your asthma. Call 1-866-787-4050 or email [info@asthma.ca](mailto:info@asthma.ca)

**Below are also some straightforward steps everyone can take to lower the risk of getting and spreading COVID-19:**

- [Practice social distancing/self-monitoring/self-isolation/isolation](#) as directed by [the Public Health Agency of Canada](#).
- Maintain a 2-metre physical distance from others in public.
- When physical distancing cannot be maintained, wear a non-medical mask or homemade face covering.
- Wash your hands thoroughly and often with soap and warm water for at least 20 seconds. Use hand sanitizer with minimum 60% alcohol base if soap is not available.
- Cough or sneeze into a tissue or the bend of your arm, not your hand.
- Avoid touching your eyes, nose, ears or mouth.
- Clean and disinfect frequently touched objects and surfaces, such as toys, phones and door handles. Launder frequently used items like bedding and plush toys often.
- Stay home if you are sick. Encourage those you know who are sick to stay home until they no longer have symptoms.
- Avoid close contact with people who are unwell.
- Make sure that you get high-quality information about COVID-19 from reliable sources. [The Public Health Agency of Canada](#) is a reliable source of information, as are provincial and territorial public health authorities.