

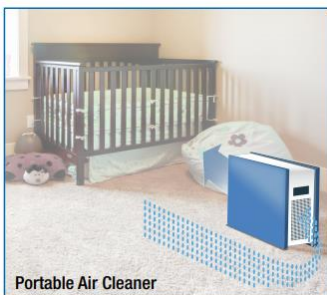
MANAGING ASTHMA AFTER COVID-19

If you are currently suffering from COVID-19:

It is recommended that asthma medication should be taken by **inhaler rather than nebulizer** to avoid spreading virus particles in the air.

- Use **4-6 puffs of albuterol (or as recommended by your doctor)** by metered-dose inhaler. Use a personal-use **spacer** as recommended by your doctor.
- Consider using your peak flow meter outdoors where there is **sufficient ventilation**, because it has the potential to spread virus particles during use.

If you have recovered from COVID-19 but are still having asthma symptoms:



Environmental Strategies

- Avoid dust, pollen, and other known allergens
- If you are currently smoking or vaping, stop using all tobacco products (*call 1-800-QUIT-NOW for help*)
- Limit exposure to tobacco smoke and other irritants
- Follow EPA guidelines and use an air purifier. *DO NOT use one that intentionally produces ozone as it can be an asthma trigger!* (https://www.epa.gov/sites/production/files/2018-07/documents/guide_to_air_cleaners_in_the_home_2nd_edition.pdf)



Pharmaceutical Strategies

If you are having trouble managing your asthma, please talk with your doctor to discuss whether a change of medication or dosage may be right for you.



Inhaled Medications

- | | |
|--|---|
| • Advair, Wixela
(fluticasone & salmeterol) | • Pulmicort (budesonide) |
| • Flovent (fluticasone) | • Alvesco (ciclesonide) |
| • Proair (albuterol) | • Aerospan (flunisolide) |
| • Qvar (beclomethasone) | • Trelegy (fluticasone,
umeclidinium & vilanterol) |

Oral Medications

- Prednisone
- Prednisolone
- Singulair

References:

- Fanta, C. (2021). UpToDate: Acute exacerbations of asthma in adults: Home and office management.
- Kouri, A., Gupta, S., Yadollahi, A., Ryan, C., Gershon, A., To, T., Tarlo, S., Goldstein, R., Chapman, & Chow, C. (2020). Addressing reduced laboratory-based pulmonary function testing during a pandemic. *Chest*, 158(6): 2502-2510.