

INFORMATION ABOUT ASTHMA AND COVID-19

Here is some information compiled by the Children's Minnesota asthma care team about how you can be best prepared to care for a child with asthma during the COVID-19 pandemic. Please visit the following websites for more asthma-specific information:

- [Centers for Disease Control and Prevention \(CDC\) asthma resources](#)
- [Children's Minnesota asthma patient education information](#)

When caring for your child at home, you can be more prepared by following these tips.

- Follow your Asthma Action Plan.
- Take your asthma medication exactly as prescribed.
- It is very important to continue on your daily or controller medication if you are on one.
- Have adequate refills of controller and rescue medications for at least 2-3 months.
- Have Decadron or Prednisone at home for an asthma flare up.
- Have 30 days of non-prescription medications and supplies on hand.
- Have phone numbers of your healthcare team, pharmacy and insurance provider readily available.
- Have a list of medications and doses (including vitamins and supplements) readily available.

Know how to use your inhaler

Consider using metered dose inhalers at home to minimize aerosolized particles to protect those at risk (elderly and those with underlying conditions).

- [Children's Minnesota asthma inhaler video](#) (English)
- [Children's Minnesota asthma inhaler video](#) (Spanish)

Avoid your asthma triggers.

- Do not smoke or vape.
- No smoking in the home.
- No vaping in the home.
- Clean and disinfect frequently touched surfaces like tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks daily to protect yourself against COVID-19.
- Avoid disinfectants that can cause an asthma attack.
- Take your allergy medications as prescribed.

Contact your healthcare team if your child's asthma symptoms increase.