

# Coronavirus Disease-2019 (COVID-19) and People with Asthma

## CDC National Asthma Program

Last Update March 14, 2020

This information is based on what we currently know about the spread and severity of coronavirus disease 2019 (COVID-19).

### **Risk of Getting COVID-19**

We don't know if you are at higher risk of getting infected with COVID-19, but if you do get infected you may be at higher risk of getting very sick. COVID-19 can affect your respiratory tract (nose, throat, lungs), cause an asthma attack, and possibly lead to pneumonia and acute respiratory disease.

### **Treatment**

There is currently no specific treatment for or vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus.

### **Prepare for COVID-19**

- [Stock up on supplies.](#)
- Take [everyday precautions](#) to keep space between yourself and others.
- When you go out in public, keep away from others who are sick.
- Clean your hands often by washing with soap and water or using an alcohol-based hand sanitizer.
- [Avoid crowds](#) and people who are sick.
- Avoid [cruise travel](#) and non-essential air travel.
- During a COVID-19 outbreak in your community, [stay home](#) as much as possible to further reduce your risk of being exposed.
- If someone in your home is sick, have them stay away from the rest of the household to reduce the risk of spreading the virus in your home.
- Avoid sharing personal household items such as cups and towels.

### **Follow your Asthma Action Plan**

- Take your asthma medication exactly as prescribed. Talk to your healthcare provider, insurer, and pharmacist about creating an emergency supply of prescription medications, such as asthma inhalers. Make sure that you have 30 days of non-prescription medications and [supplies](#) on hand too in case you need to stay home for a long time.
- [Know how to use your inhaler.](#)
- Avoid your [asthma triggers](#).
- [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.
- As more cases of COVID-19 are discovered and our communities take action to combat the spread of disease, it is natural for some people to feel concerned or stressed. Strong emotions can trigger an asthma attack. [Take steps to help yourself cope with stress and anxiety.](#)

### **If you have symptoms**

Contact your health care provider to ask about your symptoms.