



# Coronavirus Disease 2019 (COVID-19)

MENU >



## People with Moderate to Severe Asthma

Updated Aug. 14, 2020

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

## Risk of Severe Illness from COVID-19

People with moderate to severe asthma may be at higher risk of getting very sick from COVID-19. 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. [Avoid crowds.](#)
- Clean your hands often by washing with soap and water or using an alcohol-based hand sanitizer.
- 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


- Keep your asthma under control by following [your asthma action plan](#).
- Continue your current medications, including any inhalers with steroids in them (“steroids” is another word for corticosteroids). [Know how to use your inhaler](#).
- Don’t stop any medications or change your asthma treatment plan without talking to your healthcare provider.
- Discuss any concerns about your treatment with your healthcare provider. Avoid your [asthma triggers](#).
- 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.
- 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](#).

For information on administering asthma medication in schools, visit [K-12 Schools and Child Care Programs](#).

## Follow the recommendations below to reduce your chance of an asthma attack while disinfecting to prevent COVID-19. Any disinfectant can trigger an asthma attack.

- **If you have asthma,**
  - Have an adult without asthma clean and disinfect for you.
  - Stay away when cleaners or disinfectants are being used and right after their use.
  - Don’t use cleaners you don’t need to use. Some surfaces may only need to be cleaned with soap and water, and will not need extra disinfecting, such as surfaces and objects that are not touched often.
  - If you have an asthma attack, move away from the trigger such as the disinfectant or the area that was disinfected. Follow your [Asthma Action Plan](#). Call 911 for medical emergencies.
- **The person cleaning and disinfecting should:**
  - Follow [recommendations](#) for cleaning and disinfecting to prevent COVID-19.
  - Choose disinfecting products from [EPA’s list of approved products](#) [↗](#) that are less likely to cause an asthma attack, such as products with hydrogen peroxide (no stronger than 3%) or ethanol (ethyl alcohol) and make sure they do not also contain chemicals that can trigger asthma attacks. For example, make sure that products with hydrogen peroxide do not contain peroxyacetic acid (or peracetic acid).
  - Limit the use of chemicals that can trigger asthma attacks, such as bleach (sodium hypochlorite) or quaternary ammonium compounds (e.g. benzalkonium chloride) and do not use them in enclosed spaces.
  - Follow [additional precautions](#) for cleaning and disinfecting places where people with asthma may be, to reduce exposure to asthma triggers.
- **Use products safely and correctly:**
  - Always follow the instructions on the product label. Never mix chemical products.
  - Wear protective gear such as gloves and goggles.
  - Make sure there is enough air flow (ventilation).
  - Follow [EPA’s 6 steps for Safe and Effective Disinfectant Use](#) [↗](#) .

# If you have symptoms

Contact your health care provider to ask about your symptoms. **If you don't have a healthcare provider**, contact your nearest [community health center](#)  or [health department](#).

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Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\)](#), [Division of Viral Diseases](#)