

HOW IS ASTHMA TREATED?

You can control your asthma and avoid an attack by taking your medicine exactly as your doctor or other medical professional tells you to do and by avoiding things that can cause an attack.

Asthma medicines come in two types—quick relief and long-term control.

1. Quick-relief medicines control the symptoms of an asthma attack.
2. Long-term control medicines help you have fewer and milder attacks, but they don't help you if you're



ARE YOU KEEPING YOUR ASTHMA UNDER CONTROL DURING COVID-19?

DIFFERENTIATING ASTHMA FROM COVID-19

→ The greatest challenge in managing asthma in the time of COVID-19 is being able to tell apart the signs and symptoms of an asthma related symptoms from those of COVID-19, which may include dry cough and difficulty breathing.

→ The presence of additional symptoms may help determine if the person has COVID-19. Fever is present in most but not all individuals with COVID-19. Other symptoms can include abdominal complaints such as a stomachache, loss of taste or smell, confusion, and headache.

→ As a reminder, there are other viruses that can result in an asthma related symptom. Therefore, with the current COVID-19 pandemic it is important for you to remember to get your flu shot and COVID shot! Call customer service at 1-888-JAI-1999 today to schedule an appointment with one of our centers.

TIPS TO HELP KEEP YOUR ASTHMA CONTROLLED SAFELY

- Stay up to date with your immunizations.
- Continue taking your maintenance medications daily.
- Utilize free home delivery pharmacy options to minimize trips outside.
- Avoid your asthma triggers like smoke, pollen, dust mites, etc.
- Manage your stress and anxiety.

DID YOU KNOW?

Not everyone with asthma takes the same medicine. Some medicines can be inhaled, or breathed in, and some can be taken as a pill. If you need to use your quick-relief medicines more and more, you should visit your doctor or other medical professional to see if you need a different medicine.

Managing people with Asthma During COVID-19
Pan America Health Organization https://iris.paho.org/bitstream/handle/10665.2/52258/PAHONMHNVCVID-19200023_eng.pdf?sequence=5&isAllowed=y

Management and Treatment
<https://www.cdc.gov/asthma/management.html>