

# Let's Talk About Asthma

Important information for adults living with asthma and how to stay safe during the COVID-19 pandemic.



## Defining Asthma

Asthma is a disease affecting the lungs. It can cause repeated episodes of wheezing, breathlessness, chest tightness and nighttime or early morning coughing<sup>1</sup>



## How it's Maintained

Asthma is controlled by medicine and avoiding trigger. Creating an action plan and regularly visiting a doctor are also ways to keep asthma under control.



## Triggers

Triggers can vary from person to person, but common triggers are tobacco smoke, dust mites, outdoor pollution, pests, and cleaning and disinfectant products.

## COVID-19

### Did You Know?

Due to COVID-19 and stay at home orders many people have been confined inside, which can have adverse health effects especially for those living with asthma. Common indoor pollutants are using cleaning products, dust, mold, formaldehyde from insulation or wood products and tobacco smoke.

## COVID-19

### What you can do

1. When possible spend some time outdoors In a safe manner-before doing so check the AQI in your area to make sure pollution levels are safe.<sup>2</sup>
2. Avoid overuse of cleaning and disinfectant products or use products that environmentally and health conscious.<sup>2</sup>
3. Use proper ventilation when applicable.<sup>2</sup>

#### Information source

1. <https://www.cdc.gov/asthma/default.htm>
2. <https://www.epa.gov/coronavirus/indoor-air-and-coronavirus-covid-19>