

# COVID-19 fact sheet

## My child has asthma



**AsthmaWA**

### Will COVID-19 make my child's asthma worse?

COVID-19 does not seem to make children as sick as adults. It is reassuring that in most of the published reports on children with COVID-19, relatively few become severely or critically unwell, and asthma is not reported as a contributing factor. Therefore, even if your child has asthma it is likely that they will stay safe. Catching COVID-19 may make their asthma worse therefore it is important to ensure that your child's asthma is treated and well controlled. This will decrease the chances of becoming unwell. When we talk about "well controlled" asthma we mean using reliever medication (eg. Salbutamol/Ventolin) under three times per week, and minimal asthma symptoms (no regular cough, wheeze, or shortness of breath).

The following information has been developed in collaboration with Western Australian Paediatric Respiratory experts.

### How can I prepare?

- Get your child's asthma under control now
- See your GP if you don't have an Asthma Action Plan or are concerned that your child's asthma is not under control
- Make sure your child is taking their asthma medication regularly, as prescribed
- Always carry reliever medication and a spacer with you
- Check that your child's asthma medications have not expired, and update their spacer if necessary
- Make sure you are using a spacer when administering an inhaler (puffer)
- Know how to administer Asthma First Aid
- Familiarise yourself with your child's Asthma Action Plan
- Keep up to date with your child's vaccinations. Talk to your GP about a flu shot
- Practice good hand hygiene and cough etiquette
- Clean and disinfect surfaces frequently
- Follow the [guidelines on social distancing](#) set by the government.

Keep up to date with changes through the [Department of Health](#) website.



#### FOR MORE INFORMATION:

1800 ASTHMA (1800 278 462)  
36 Ord St, West Perth WA 6005

[asthmawa.org.au](http://asthmawa.org.au)



## If my child has COVID-19 symptoms

Specific advice about COVID-19 is frequently changing. Up to date information is best found on the [WA Department of Health website](#). This includes if your child should be tested and where to get tested.

The symptoms of COVID-19 include fever with acute respiratory symptoms including cough, sore throat and breathlessness.

If your child has these symptoms, seek medical attention by:

- calling your GP or Emergency department (it is best to phone in advance)
- calling the National Coronavirus Health Information Line 1800 020 080 for advice

If your child has severe respiratory symptoms, eg. can't breathe or talk, has blue discolouration, or is agitated, confused or lethargic call 000 and administer asthma emergency treatment of four Ventolin puffs every four minutes via a spacer until the ambulance arrives.

## Healthy parenting tips

The World Health Organisation has some great general advice for parents on 'parenting in the time of COVID-19':

1. One on one time
2. Keeping it positive
3. Create a daily routine
4. Bad behaviour
5. Keep calm and manage stress
6. Talking about COVID-19

Download all of the tips from the [World Health Organisation website](#).

If you would like more information on how to respond to an asthma emergency or COVID-19 and your asthma, call our free Helpline on 1800 ASTHMA (1800 278 462)

## + Asthma First Aid

- 1 Keep calm and sit up straight**
- 2 Have 4 puffs of reliever inhaler**  
Use a spacer if possible, 1 puff at a time, taking 4 breaths after each puff
- 3 Wait 4 minutes** If there is no improvement, give 4 more separate puffs of reliever inhaler as above
- 4 Call ambulance (dial 000)** Keep giving 4 separate puffs every 4 minutes until the ambulance arrives

**IMPORTANT:** Not applicable to Bricanyl or SMART medication regimes. Speak to your GP or Asthma WA for further information.



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