

COVID-19 fact sheet

I have asthma



AsthmaWA

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

How can I prepare?

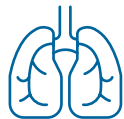
- Review your asthma with your GP and ensure that it is well controlled
- Have a written asthma action plan and see your GP if it has not been updated in the last 12 months. Check with your GP and Asthma WA that you know how to follow it
- Keep taking your preventer everyday as prescribed
- Always carry your reliever medication with you
- Check expiry dates of your asthma medications
- Keep an extra one month supply of your prescribed medications
- Avoid sharing of spacers between people. Every member of a household with asthma should have their own spacer
- Download our [Take Control of your Asthma](#) checklist
- Know asthma first aid
- Get vaccinated- for COVID-19 and Influenza.
- Continue to practice good hygiene, maintain physical distancing and follow directions on mask wearing



FOR MORE INFORMATION:

T: (08) 9289 3600
36 Ord St, West Perth WA 6005

asthmawa.org.au



If you have COVID-19 symptoms

The symptoms of COVID-19 can range from mild to severe.

If you experience any of the following symptoms of COVID-19 you should get tested:

- Fever (>37.5C) or have a recent history of fever (e.g. night sweats or chills) with no known source
- Acute respiratory symptoms, including a cough, shortness of breath, sore throat, runny nose
- Acute loss of smell or taste

If symptoms are severe, call 000 (triple zero).

If you experience severe respiratory symptoms, call 000 (ambulance) and follow your asthma action plan or the standard first aid plan.

How Asthma WA can help you

If you would like more information on how to respond to an asthma emergency or COVID-19 and asthma, call our Respiratory Health Team on (08) 9289 3600 for a free consultation.

Read more updates on COVID-19 on [our website](#).

+ 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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