

# 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.

Catching COVID-19 however may trigger asthma. It is important to ensure that your child's asthma is treated and well controlled. This will decrease the chances of them 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?

- Review your child's asthma with their GP and ensure it is well controlled
- Have an asthma action plan and make sure you know how to use it
- Make sure your child is taking their preventer regularly, as prescribed
- Use a spacer with all inhalers (puffers)
- Check with your GP, pharmacist, or Asthma WA that your child is using their puffer and spacer correctly
- 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
- Keep an extra one month of supply of medications at home
- Know how to administer Asthma First Aid
- Talk to your GP about your child's eligibility for COVID-19 and influenza vaccinations
- Teach your children how 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](http://asthmawa.org.au)



## If my child has COVID-19 symptoms

Colds, flu and viruses are common in all children and the symptoms 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

Other symptoms of COVID-19 can include headache, fatigue, diarrhoea and vomiting. It is important to keep your child home and to avoid contact with others if they develop any viral symptoms.

If your child experiences severe respiratory symptoms, eg. can't breathe or talk, has blue discolouration, or is agitated, confused or lethargic call 000 and follow their asthma action plan or the standard asthma 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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