

COVID-19 fact sheet

*I have or someone I
care about has COPD**



AsthmaWA

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

How can I prepare?

- Action Plans help you know how to recognise when your COPD symptoms are getting worse and what steps you should take. Familiarise yourself with your COPD Action Plan and see your GP if it needs updating
- Continue with your usual treatments and medications as prescribed
- Keep an extra one month supply of your medications
- Always carry your emergency or reliever medication with you
- Ask your doctor, pharmacist or Asthma WA to check that you are using your COPD medications like puffers, spacers or other inhalers correctly
- Check your prescriptions are current and any medications at home have not expired
- Keep up to date with your vaccinations for COVID-19, influenza and pneumococcal (pneumonia)
- Read our “Things to do keep well with COPD” fact sheet

Additional precautions

Consider using your nebuliser and completing your airway clearance techniques in a separate area to other members of your household when you are unwell. For example, in a room by yourself ensuring you keep the door closed for 2 hours after use. This helps to minimise risk of spreading illness to others.

Ask your oxygen supplier about supply levels and potential delivery delays if you use oxygen at home.

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

People with COPD may experience ongoing respiratory symptoms as a part of their condition. If you experience any symptoms that are new or worse than usual contact your doctor as soon as possible.

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 you or the person you care for experiences severe respiratory symptoms, call 000 (ambulance) and follow your action plan.

Your support network

Create a list and include contact details for your support network that help you manage your lung condition. This could include your GP, Respiratory Specialist, pharmacist, physiotherapist, and respiratory health educator at Asthma WA.

Continue with your regular medical appointments. Telehealth options- via phone or video call, mean that access to your support network should not be affected.

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

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

*Emphysema chronic bronchitis and/or severe asthma.



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