

COVID-19

SUGGESTIONS FOR PATIENTS WITH ASTHMA, COPD & OTHER CHRONIC RESPIRATORY ILLNESSES

STAY AT HOME



People with lung disease are among those who are **most at risk** of developing a serious case of COVID-19, as their respiratory health is already compromised.

TAKE YOUR INHALERS

Continue to take all of your prescribed daily inhaled medications, including nasal steroids (for allergic rhinitis) as prescribed by your physician.

WASH YOUR HANDS



Wash hands for at least 20 seconds with soap and water or use alcohol-based hand sanitizer. If you have been outside your home, please make sure you wash your hands.

PRACTICE SELF CARE

Stress & anxiety can lead to real physical reactions such as increased shortness of breath, increased heart rate & perspiration. Do things you enjoy, learn to ask for help and express yourself.

EXERCISE REGULARLY



Although it is recommended you stay at home during this time, regular exercise is still possible. Walk around your house, go up and down the staircase, dance in your house, or follow along to a video.