

COVID-19 Precautions for Children with Asthma



COVID-19 is a respiratory illness caused by the new coronavirus SARS-CoV-2.

People with COVID-19 may have mild symptoms. Some people may get very serious problems like pneumonia. **Some symptoms of COVID-19 are:**

- Fever
- Cough
- Headache
- Sore throat
- Very tired
- Runny nose or congestion
- Throwing up or feel like throwing up
- Difficulty breathing or shortness of breath
- New loss of taste or smell

Most children have mild symptoms like that of a cold. These include:

- Fever
- Cough
- Throwing up and diarrhea (watery stools)

The CDC (Centers for Disease Control) believes symptoms will show up within 2 to 14 days after coming in contact with the virus.

The CDC and WHO (World Health Organization) list people with asthma as high risk for COVID-19 infection and serious symptoms.

Anyone with asthma must take extra precautions to keep from getting an infection.

Some of these precautions are:

- Keep your asthma under control by following your asthma action plan.
- Keep away from your asthma triggers.
- Stock up on supplies (14 to 30-day supply).
- Stay away from crowds and people that are sick.
- **Practice social distancing** (stay 6 feet apart from people).
- When you cannot social distance around people you do not live with, **wear a mask and make sure to cover your nose and your mouth.**
- If anyone in your home is sick, have them stay away from other people in the home as much as possible, to lessen the risk of spreading the virus.
- **Wash your hands often.** Wash for at least 20 seconds. If you do not have soap and water, use an alcohol-based hand sanitizer with at least 60 percent alcohol.
- Clean and disinfect your home every day. This is very important for items you often touch like light switches, door knobs, cell phones, car door handles and steering wheels.
- Do not share personal household items such as cups and towels.
- During a COVID-19 outbreak in your community, stay home as much as possible.
- Do not travel if you do not need to.
- Keep your emergency contact numbers up to date. Sometimes a clinic or pharmacy may have different hours or not be open.

This document only provides information. Talk to your doctor about treatment for you.

References: Asthma and Allergy Foundation of America (AAFA) <https://www.aafa.org/covid-19-new-coronavirus.aspx>
Symptoms of Coronavirus <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>