

ASTHMA and CORONAVIRUS



May is Asthma and allergy awareness month. Scranton, PA has been ranked the 2022 allergy capital. Because of the COVID-19 pandemic still going on, it is important to learn about asthma and the precautions you can take to protect yourself.

Asthma and Coronavirus are 2 diseases that affect the respiratory system, questions are raised about whether patients with asthma are more susceptible to contracting the virus, and if those patients are more subject to a more severe form of coronavirus.

Asthma is a chronic lung condition that affects the airways. In normal people, the airways are free, allowing air to come in and out of the lungs, and helping them to breathe easily. But, in people with asthma, those airways are swollen, and become narrow and full of mucus, making it difficult to breathe.

The symptoms of asthma are usually difficulty breathing, cough, wheezing, and sometimes chest tightness or pain. Those symptoms can be exacerbated by allergies, cold, exercise, air pollutants, cold air, and certain medications and occupations. Asthma can also be genetic, and affect a lot of children, but can also be seen in adults. There is no treatment for asthma, but there are medications available to help people manage their symptoms and live a normal life.

The Coronavirus or COVID-19 is a communicable disease that also affects the respiratory system, it is more frequent in adults, more severe in older adults (65 and up), and people with severe underlying medical conditions (diabetes, cardiovascular disease, chronic respiratory disease, and cancer). The symptoms are cough, fever, and shortness of breath. Some patients have muscle pain, sore throat, chills, loss of taste or smell, and even digestive symptoms. After two years fighting against the disease. There is available vaccines that can prevent

complications, hospitalizations and death from COVID-19. For people who are more likely to get very sick from COVID-19 infection, medications are also available that can reduce your chances of severe illness and death.

According to the CDC (2020), people with moderate to severe asthma may be at higher risk of getting very sick from COVID-19. Although there is a lack of data, people with asthma have a higher risk of severe illness and death with respiratory infections in general, therefore if they contract the coronavirus, they may be more susceptible to a severe form of the coronavirus disease.

If you have asthma, what should you do?

- Be even more cautious
- Wash your hands frequently
- Avoid contact with people who are sick
- Follow your asthma plan
- Get vaccinated for influenza and pneumonia and COVID-19
- Practice social distancing or stay home as much as possible
- Clean and disinfect your home and most-touched surfaces regularly
- Try to avoid asthma triggers
- Make sure your inhaler is always filled and used as prescribed by your doctor.
- If you feel sick and worried about having the coronavirus, contact your health care provider immediately



References

Centers for Disease Control and Prevention. (2022). COVID-19 treatments and medications. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html>

Centers for Disease Control and Prevention. (2022). People with moderate to severe asthma. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/asthma.html>

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