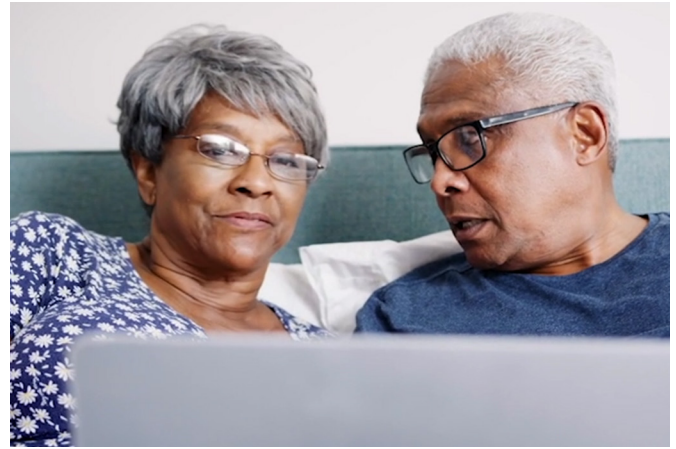


# COVID-19 AND LUNG HEALTH

In this time of COVID-19, it's especially important that everyone with a chronic lung disease, such as asthma or COPD, protect their lung health.



## Tips to protect your lung health:

- Stick to your doctor-prescribed treatment plan
- Take steps to avoid getting sick
- Call your healthcare provider if you have any unusual symptoms

## Follow your treatment plan:

- Use all of your medicines as directed by your doctor, including inhaled medicines or pills
- Use your treatments and equipment as prescribed (oxygen therapy, nebulizer, CPAP) and keep them clean and in good order
- Stock up on medicines and other supplies you know you'll need
  - Be in touch with your doctor, pharmacy, and insurance company, to make sure you can get what you need
- If you have one, refer to your written or electronic action plan, which can help you make day-to-day management decisions

**When you stay on track with your treatment plan, you support your overall health!**



## Take measures to avoid getting sick:

- Wash your hands often and properly, by washing with soap and water for 20 seconds; use alcohol-based sanitizer (60% alcohol) if soap and water are unavailable
- Maintain social distancing, even if guidelines in your state have been relaxed
- Stay away from people who are sick
- If you are in a crowded situation, keep as much space between yourself and others as possible
- Wear a simple cloth mask that is comfortable for you, even if not required in your state
- Cover your cough or sneeze

**Having a lung problem means you are at greater risk if you do get COVID-19, so it's best to do what you can to stay healthy!**

## Call your healthcare provider if you have any unusual symptoms, such as:

- A high fever
- A cough that's out of the ordinary for you
- Unusual shortness of breath or difficulty breathing
- Loss of smell/taste
- Other symptoms that are out of the ordinary

## Seek medical attention if:

- You have severe shortness of breath, chest pain, confusion, or other symptoms that could be a medical emergency

**Remember, there's never been a more important time to stay on track and make your health a priority!**



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