

# MANAGING ASTHMA DURING COVID-19

CALL YOUR DOCTOR  
IF YOU NEED  
RELIEVER INHALER  
MORE THAN 3X WEEK.



## I HAVE MY REGULAR PRESCRIPTION.

- If your asthma is under control, you should not need a reliever medication. If you need it more than three times a week, **talk to your healthcare professional.**
- Continue to take your regular maintenance controller medication as prescribed.
- Don't use your reliever medication instead of controller medication.
- Oral steroids should be used to treat asthma exacerbations or as part of your asthma action plan even if you do have COVID-19. Don't use your reliever medication alone to try and treat serious exacerbations.
- Ensure you have a **one-month supply** of your asthma medication and keep track of your supply. Give yourself enough time to refill.
- **Don't stock up on** salbutamol or other inhalers if you do not need them.
- Expect to only receive a one-month supply when you go for a refill.
- Carefully track doses left in your salbutamol inhaler by dose counting.
- Use all of the salbutamol inhalers you have available before refilling. Use ones with earliest expiry first.

FOLLOW YOUR  
ACTION PLAN AND  
TAKE MEDICATIONS  
AS PRESCRIBED.



HAVE ONE-MONTH  
SUPPLY OF YOUR  
ASTHMA  
MEDICATIONS.



DON'T STOCK UP ON  
SALBUTAMOL OR  
OTHER ASTHMA  
MEDICATION IF YOU  
DON'T NEED IT.



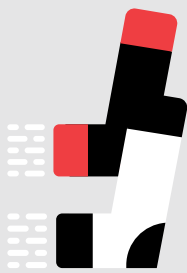
## I ONLY HAVE ACCESS TO EXPIRED PRESCRIPTIONS.

DON'T DISCARD  
MEDICATIONS THAT  
HAVE EXPIRED IN THE  
PAST SIX MONTHS  
UNTIL YOU OBTAIN  
NEW ONES.



- Don't discard your medications (expired within the last 6 months) until you obtain a new one.
- If you use expired (in the last 6 months) reliever inhaler, it may be less potent. Be sure to seek medical attention if you do not feel relief.
- Use a Diskus inhaler even if it has been removed from the wrapper more than 60 days ago.

ASK IF A SUBSTITUTE  
IS AVAILABLE.



## I CAN'T GET A REFILL FOR MY REGULAR PRESCRIPTIONS.

- Talk to your regular healthcare provider and ask if a substitute prescription is available.



Original Source: The Canadian Thoracic Society: Asthma Mitigation Strategy.

Visit <https://cts-sct.ca/covid-19/>.

The Canadian Lung Association is here for you.

For more information about COVID-19 visit [www.lung.ca/covid19](http://www.lung.ca/covid19)