MANAGING ASTHMA DURING COVID-19

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 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.

I ONLY HAVE ACCESS TO EXPIRED PRESCRIPTIONS.

- Don’t discard your medications (expired within the last 6 months) until you obtain new ones.
- 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.

I CAN’T GET A REFILL FOR MY REGULAR PRESCRIPTIONS.

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