## World Allergy Organization (WAO): Allergic patients during COVID-19 pandemic

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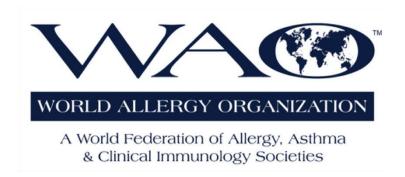
I have asthma and allergic rhinitis and I am worried about everything I hear about COVID-19; what should I do?

- 1. **Don't panic**, and read on to learn what we currently know about the novel coronavirus disease called COVID-19. What is known about the virus (SARS-Cov-2) is updated fairly frequently as we learn more about it. The information provided here is based on the best currently available data.
  - People with asthma, children and adults, are included in a higher risk group for coronavirus disease, but fortunately the available data showed that almost all of these patients were **not severely affected**, with no reference to asthmatics among the series of patients already known.
  - The **same situation** has been found in relation to other allergic diseases such as allergic rhinitis and atopic dermatitis.
  - There is currently no specific treatment or vaccine to prevent COVID-19.
  - The **best way** to avoid getting the illness is to avoid being exposed to anyone with the virus. Maintaining social distance and practicing good hand hygiene is the best way to protect yourself and the others from being exposed to the virus.
    - A. Stay away from others who are sick
    - B. Avoid crowds or large gatherings
    - C. Practice regular hand hygiene by washing with water and soap for at least 20 seconds at a time
    - D. **Do not touch** your mouth, nose or eyes with unwashed hands
- 2. It is important that you **continue to take** your **medications** for asthma, allergic rhinitis or any other allergic disease exactly as prescribed. Do not change or stop your medications, including specific **immunotherapy** (antiallergic vaccine), without talking to your allergist or other health care provider. There is currently no evidence that inhaled corticosteroids (nasal or bronchial), antihistamines or biologic medications have any effect on the risk of

contracting COVID-19. If you stop or modify your treatment, you run the **risk** that your allergic disease, particularly your asthma control, could become worse, causing you to need rescue medical treatment or be admitted to the hospital.

## **Recommendations:**

- I. Know how to use your inhaler(s), and use them as prescribed.
- II. Avoid your asthma triggers, such as indoor and outdoor allergens and irritants / pollutants and ban smoke, particularly important for those that are on quarantine.
- III. Ensure you have an asthma action plan and follow it.
- IV. Ensure that you have enough medicine in the home to maintain your supply.
- V. **Perform** some respiratory exercises.
- VI. **Keep** in touch with your allergist!



https://www.worldallergy.org