COVID-19 AND ASTHMA

Medication

- Make sure medications are **up to date** and you have enough.
- Keep them handy.

Prevention

- **Wash your hands** often with soap and water for at least 20 seconds. Dry your hands completely.
- **Stay home** when you are sick to prevent the spread of respiratory illnesses.
- **Cover your cough or sneeze** inside your elbow or with a tissue.
- **Clean and disinfect** frequently touched objects and surfaces. See "Clean Safely" section below.

Free Services

- Asthma Home Visits
- Breathe Easy at Home

Provider

- **Talk** to your provider to **make a plan**.

Cold / Flu / COVID-19

Use this information to protect yourself and others from cold, flu, and COVID-19 all year round.

**Getting your flu shot is very important!**

Resources

- Boston Public Health Commission (BPHC)
- Centers for Disease Control (CDC)

Clean Safely

Protect your health and the health of those around you.

- **Chemicals and cleaning products can absorb into your skin, burn, irritate or damage eyes and lungs.**
- These **products can also cause asthma, asthma attacks and other health issues.**
- Use as directed and do not overuse.
- Never mix products! **Chlorine / bleach plus ammonia can be deadly!"**
- **Wear protective gloves and masks** when using products.
- **Open windows** or **have other outdoor ventilation**. Clean when others are not around.
- After cleaning, **wash your hands with soap and water**. Dry them fully.
- When possible, **use fragrance-free and dye-free products** that are **certified by Green Seal or Ecologo.**
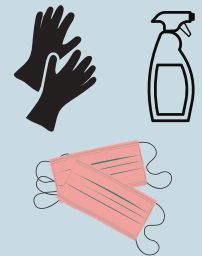
Learn more at www.bphc.org/asthma
#EveryBreathCounts

BOSTON PUBLIC HEALTH COMMISSION