

ASTHMA & COVID-19 IN CHILDREN

FAQ



Community Health
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Indiana Clinical and Translational
Sciences Institute

1. IS MY CHILD WITH ASTHMA AT HIGHER RISK TO CATCH COVID-19?

- **NO**, ASTHMA DOES NOT MAKE IT MORE LIKELY FOR A PERSON TO CATCH COVID-19



2. IS MY CHILD AT HIGHER RISK FOR GETTING SICK DUE TO COVID-19 BECAUSE THEY HAVE ASTHMA?



- From what we have now, COVID-19 acts different than asthma. Some viruses cause asthma attacks but this one seems to be different. At this time, we are saying to do the same precautions for people with asthma as those without. We are looking for new facts as they become available.
- The one special case is if a child is on chronic oral steroids, or a biological agent for asthma.

3. WHAT CAN I DO TO HELP KEEP MY CHILD SAFE?

- AVOID BEING AROUND OTHER PEOPLE
- WASH YOUR HANDS OFTEN OR USE HAND SANITIZER, ESPECIALLY IF YOU LEAVE THE HOUSE.
- IF YOU DO GO OUT OF THE HOUSE, MAKE SURE YOU WASH YOUR HANDS WELL WHEN YOU COME HOME. CHANGE YOUR CLOTHES WHEN YOU COME HOME, IF YOU CAN.
- MAKE SURE YOU HAVE ENOUGH ASTHMA MEDICATIONS AND STAY ON THEM AS ORDERED.



4. I WORK IN THE MEDICAL FIELD. SHOULD I STAY AWAY FROM TAKING CARE OF COVID-19 PATIENTS BECAUSE MY CHILD HAS ASTHMA?

- **AT THIS TIME, MOST CHILDREN WITH WELL CONTROLLED ASTHMA DO NOT SEEM TO BE AT HIGHER RISK OF COVID-19 PROBLEMS. MAKE SURE TO PROTECT YOURSELF BY USING ALL PROPER PERSONAL PROTECTIVE EQUIPMENT (PPE) AS ADVISED.**
- **IF YOU WORK IN THE MEDICAL FIELD, AVOID BRINGING IT HOME BY CHANGING YOUR CLOTHES, TAKING OFF YOUR SHOES, WASHING YOUR HANDS AND FACE WHEN YOU GET HOME. ALSO, AVOID TAKING OBJECTS BACK AND FORTH TO WORK.**
- **IF YOUR CHILD HAS SEVERE OR POORLY CONTROLLED ASTHMA, TAKE STEROID PILLS OR LIQUID EVERYDAY, OR IS ON AN INJECTABLE MEDICINE FOR ASTHMA, THEY WOULD LIKELY BE AT HIGHER RISK FOR COMPLICATIONS. LET YOUR EMPLOYERS KNOW THAT YOU HAVE A HIGH RISK FAMILY MEMBER AT HOME.**

5. I HEARD THAT PEOPLE SHOULDN'T USE STEROIDS WITH COVID-19. SHOULD I STOP MY CHILD'S STEROID INHALER?

No, keeping your child's asthma under control is one of the best ways you have to keep them well through this. We want to avoid you having to go to the ED or need oral steroids due to an asthma flare.



6. MY CHILD HAS A FEVER AND COUGH, DOES THAT MEAN THEY HAVE COVID-19?

- Not necessarily. There are other viruses that also cause fever and cough. If you see those signs, don't panic or assume it is COVID-19.

WHAT DO I WATCH FOR IN A CHILD THAT HAS ASTHMA?

- YOU WILL WATCH FOR THE SAME SIGNS THAT YOU DO FOR ASTHMA. YOU WILL WATCH FOR A BAD COUGH, BREATHING FAST OR HARD, RETRACTIONS(SKIN SUCKING IN WHILE TAKING A BREATH? OR CHEST TIGHTNESS/SHORTNESS OF BREATH.
- IF YOU START TO SEE BREATHING PROBLEMS, TAKE YOUR CHILD'S TEMPERATURE A FEW TIMES A DAY TO CHECK FOR FEVER. IF THE CHILD'S TEMPERATURE GOES OVER 100.4, CONTACT THEIR PROVIDER FOR FURTHER GUIDANCE
- YOU WILL STILL GIVE ALBUTEROL TO SEE IF IT HELPS THE SYMPTOMS. IF IT DOES THEN FOLLOW YOUR ASTHMA ACTION PLAN.



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Thank you for your interest.

For any questions, and more information visit our website:

<https://indianactsi.org/community/initiatives/indiana-joint-asthma-coalition/>

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