

COVID-19 and Asthma

Myths vs. Facts*

Myth

Children with asthma are not at risk of getting COVID-19 because the virus only affects adults.



Fact

COVID-19 can affect people of any age, including children with or without asthma.

Myth

People with asthma should hoard their medications to make sure they have enough.



Fact

It is recommended that people with asthma keep a 30-day supply of prescription and non-prescription medicines.

Myth

Wearing a face mask is not recommended for people with asthma.



Fact

Everyone should wear a mask, unless they have trouble breathing. Facemasks prevent the spread of COVID-19.

Myth

People with asthma are more likely to get COVID-19.



Fact

Everyone is at risk for getting COVID-19, but people with moderate to severe asthma may be more likely to experience severe complications.

Myth

Controller medication should be avoided because inhaled corticosteroids weaken a person's immune system.



Fact

Inhaled corticosteroids are safe for people with asthma and help to prevent asthma attacks. Controller medication should continue to be taken as prescribed.

Myth

Nebulizers should be eliminated as a form of quick-relief treatment.



Fact

Metered dose inhalers with spacers are preferred over nebulizer treatments whenever possible. This will reduce the risk that a person with asthma who has COVID-19 will spread the virus.

**This information is based on available recommendations at this time and is subject to change as additional information about COVID-19 becomes available.*

Sources: Centers for Disease Control and Prevention, American Academy of Allergy, Asthma & Immunology