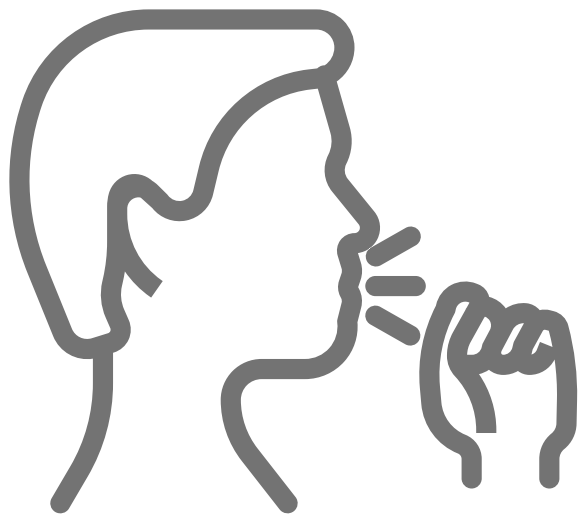
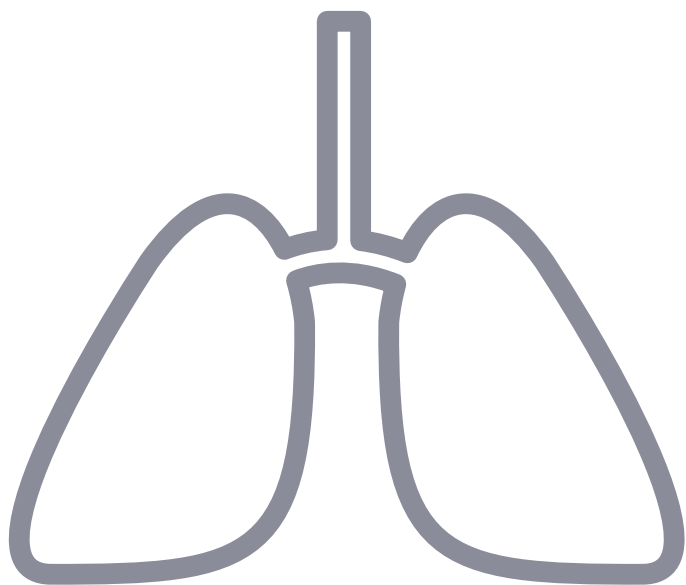


## Treating Children with Asthma during COVID-19

During the COVID-19 pandemic it is important for children to have their asthma under control because:



**COVID-19 symptoms may mimic asthma symptoms.** Children who participate in in-person learning may be sent home if they experience asthma symptoms at school.



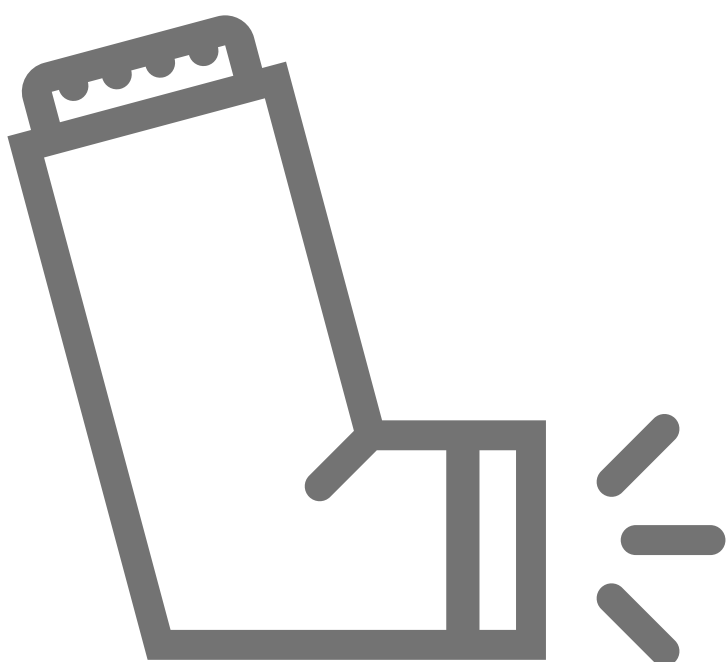
People with **moderate to severe asthma** may be at **higher risk** of getting very sick from COVID-19.

Symptoms	Coronavirus* (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
 Wheezing	No	No**	No**	No**	Common
 Shortness of breath	Sometimes	No**	No**	No**	Common
 Chest tightness/pain	Sometimes	No**	No**	No**	Common
 Rapid breathing	Sometimes	No**	No**	No**	Common
 Sneezing	No	Common	No	Common	No***
 Runny or stuffy nose	Rare	Common	Sometimes	Common	No***
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)	No***
 Fever	Common	Short fever period	Common	No	No
 Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)	Rare
 Body aches and pains	Sometimes	Common	Common	No	No
 Diarrhea, nausea and vomiting	Sometimes	Rare	Sometimes	No	No
 Chills	Sometimes	No	Sometimes	No	No
 Loss of taste or smell	Sometimes	Rare	Rare	Rare	No

Your symptoms may vary. \*Information is still evolving. \*\*If your quick-relief medicine is not helping your asthma symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your health care provider or seek medical attention immediately. \*\*\*Allergies, colds and flus can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only one associated with shortness of breath on its own. \*\*\*If you have allergic asthma, you may have symptoms of both asthma and allergies at the same time.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention.  
edited 7/15/20 • [aafa.org/covid19](https://aafa.org/covid19)

### Healthcare providers can help by talking with parents and guardians about:



- The importance of taking **controller medication**.
- **Creating an Asthma Action Plan** and sharing it with the school nurse and other caregivers.
- **Using a metered dose inhaler** with a spacer instead of a nebulizer treatment whenever possible. Nebulizers generate aerosols and may pose a risk for exposing others to the COVID-19 virus.
- Keeping a **30-day supply of prescription and non-prescription medicines** for asthma and other chronic conditions.
- **Getting the flu vaccine** to prevent other respiratory illnesses
- **Choosing a face mask** for their child that is comfortable and allows them to breathe normally.