



Dr McCarthy and Partners

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THIS IS GOOD ADVICE FOR ANYONE WITH ASTHMA. IT CAME FROM A RESPIRATORY NURSE SPECIALIST WHO ALSO HAS BRITTLE ASTHMA.

This is what is recommended as we face a huge rise in cases of Covid-19 and community transmission.

Even though you may have mild asthma and didn't usually take your preventer - start now. Also start taking a daily antihistamine like loratadine or cetirizine.

Asthma UK also suggest that you - Carry your blue reliever inhaler with you every day, in case you feel your asthma symptoms flaring up.

Minimise exposure - if you do wear a mask of scarf wrapped round you. Put vicks at the entrance of your nose. Stay away from people. Hand wash/ sanitise regularly. Every time you drink and eat wash your hands before hand.

If you can - stay in doors. Although walk in the daylight (uv light) helps as long as you are not with lots of people.

If your asthma is getting worse and there is a risk you might have coronavirus, contact the online NHS 111 coronavirus service.