

People with Moderate to Severe Asthma¹

Risk of Severe Illness from COVID-19

People with moderate to severe asthma may be at higher risk of getting very sick from COVID-19. COVID-19 can affect your nose, throat, lungs (respiratory tract); cause an asthma attack; and possibly lead to pneumonia and acute respiratory disease.

Prepare for COVID-19

- Make sure that you have at least a 30-day supply of your [medicines](#).
- Take [everyday precautions](#) like washing your hands, avoiding close contact, and [staying at least 6 feet \(about 2 arm lengths\) from other people](#).
- [Wear masks](#) in public settings and when around people who don't live in your household.
- When out in public, keep away from others and [avoid crowds](#).
- [Wash your hands](#) often with soap and water for at least 20 seconds or use [hand sanitizer](#) that contains at least 60% alcohol.
- Avoid [cruise travel](#) and non-essential air [travel](#).
- During a COVID-19 spread (outbreak) in your community, [stay home](#) as much as possible to reduce your risk of being exposed.
- [If someone in your home is sick](#), have them stay away from the rest of the household to reduce the risk of spreading the virus in your home.

¹ Source: CDC Center for Disease Control and Prevention Website. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/asthma.html>