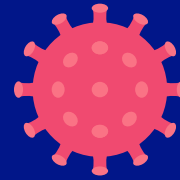


COVID-19 (Coronavirus)



Shielding Guidelines for People with Asthma

Coronavirus can make anyone seriously ill, but some vulnerable people are at higher risk and need to take extra steps to avoid becoming unwell.

Who should be shielding?

People are considered at high risk if **ALL THREE** of these apply to you:

- You have asthma
- You are taking a HIGH dose prevention or combination inhaler (more than 1000 mcgs a day, for example, high-dose Symbicort, Dulera, Seretide, Revlar Ellipta)
- You are taking continuous or frequent oral steroids

Talk to your doctor if you are not sure if you are in a high-risk group

What is shielding?

Shielding is a measure to protect the extremely vulnerable population by minimising interaction between those who are extremely vulnerable and others. Shielding measures that must be taken are:

- Stay home at all times
- Go outside & walk daily on your property, stay six feet away from others
- Have groceries delivered, if possible
- Minimise all non-essential contact with other members of your household
- Avoid any face-to-face contact
- Strictly avoid contact with anyone displaying symptoms of coronavirus, including a high temperature and a new or continuous cough
- Visits from those who provide essential support to you, such as healthcare or caregivers, can continue; all people coming to the house should wash their hands with soap and water for at least

20 seconds when they arrive, and often during their visit. However, they should stay away if they have any symptoms of coronavirus

Prevention Tips

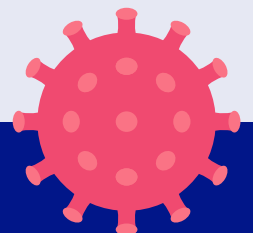
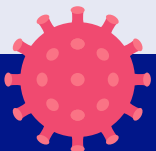
- » Aim to control your asthma to avoid flare-ups
- » Review your asthma action plan so it is fresh in your mind
- » Take your preventer inhaler (*usually brown or orange inhalers or a combination therapy*) **daily** as prescribed by your doctor
- » Always carry your emergency reliever inhaler (usually a blue inhaler) **Ventolin/Airomir/Salamol**; also, have a spare inhaler in case you must self-isolate
- » Avoid plug-ins, diffusers, scented candles, air fresheners, and household chemical sprays, as they can trigger asthma
- » Seek help and call your doctor when needed; do not let your asthma get worse

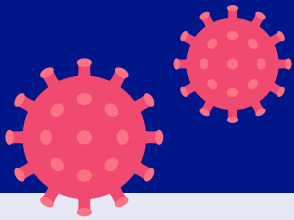
Supporting your well-being while shielding

It is important to look after yourself while you are shielding, as staying home, especially without contact with others, can be hard to cope with:

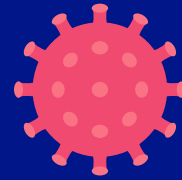
- » Eat healthy meals, drink enough water, and try not to increase how much alcohol you drink. If you smoke, now is a great time to give up, as smoking raises risks of coronavirus
- » Open windows and doors at home and let fresh air blow through the house
- » Stay social—it is important to keep in touch with friends and family. You can send texts or emails, call people on the phone, or use video chats
- » Look after your mental health. Lots of people are feeling anxious or struggling with their mental health during this period of uncertainty. Tips

Stay informed on the latest developments about COVID-19 by visiting the Government of Bermuda's website [coronavirus.gov.bm](https://www.gov.bm/coronavirus)





COVID-19 (Coronavirus)



that help you cope include:

1. Make sure you look after yourself, so you feel more able to cope with whatever happens
2. Watch out for bad habits, like increasing alcohol consumption. Try to make sure you are getting exercise and fresh air
3. Keep in touch with your friends and family—in stressful times, we cope better with support
4. If you have questions related to COVID-19, call the national hotline: 444-2498. Stay informed and follow advice on the government website: www.gov.bm/coronavirus.

Source: adapted from <https://www.asthma.org.uk/coronavirus>

