**COVID 19 and Asthma Advice**

For the most up to date help and advice on managing your asthma during the COVID19 pandemic, please visit Asthma UK [here](https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/)

Some commonly asked questions:

**I haven’t been using my preventer inhaler for several years. Should I start it again because of COVID19?**

If you are not having symptoms of asthma (chest tightness, cough, wheeze or shortness of breath) then you do not need to restart your preventer inhaler.

If you feel you are having asthma symptoms please contact the surgery for advice.

**How many inhalers can I request?**

You will be prescribed 1 preventer and 1 reliever inhaler a month, and a month’s supply of any add on asthma treatments such as Montelukast (Singulair) and Fluticasone furoate nasal spray (Avamys)

Children whose parents live separately can request a double prescription so that there is a supply at both their homes.

This is not due to a shortage of inhalers but is intended to ensure that the national supply chain is not disrupted by stockpiling of medication.

**I have heard that ‘rescue packs’ of steroid tablets are available for people with asthma, is this true?**

No. If your asthma is flaring up, you must be assessed by a Dr or Nurse before being prescribed steroids.

Sme people with COPD are prescribed ‘rescue packs’, but this is not appropriate for most people with asthma.

**How do I know if my asthma is flaring up?**

* You need to use your reliever inhaler (usually blue) three times a week or more because of your asthma symptoms
* Your symptoms are coming back – tightness in your chest, feeling breathless, coughing and/or wheezing
* You’re waking up at night because of your asthma
* Your symptoms are getting in the way of your day-to-day life – like work, family life or exercise

