



# 2020 Open Airways

## Asthma, Coronavirus and Schooling at Home



www.openairways.com

*"Asthma doesn't make you more likely to get coronavirus, but unfortunately if people with long-term lung conditions like asthma get coronavirus, it can be more severe. The best thing you can do to reduce the risk of an asthma attack being triggered by a virus is to ensure your asthma is as well managed as possible – which means taking your preventer inhaler every day as prescribed, and keeping your reliever inhaler with you all the time so you can use it if your symptoms get worse."*

~Asthma UK

**If your asthma is getting worse, please contact your GP.**

**WELL-CONTROLLED asthma is your best defence!**

**To help you control your asthma, please contact Open Airways for a FREE consultation, currently being offered online, by phone or by email.**

Contact: Tracy: 232-0264 [nurse@openairways.com](mailto:nurse@openairways.com)  
or Liz: [liz@openairways.com](mailto:liz@openairways.com)

## BE PREPARED!

- ⇒ **Take your PREVENTER INHALER EVERY DAY!**  
PREVENTION is the KEY! (see below)  
Did you know...your preventer inhaler  
Takes 2 weeks to be effective!  
If you are not taking yours every day,  
Start TODAY....don't wait until you are sick.
- ⇒ **Always carry emergency/relief inhalers with you.**
- ⇒ **Ensure you have SPARE INHALERS.**

### PREVENTION is the KEY!

Preventer inhalers - Flixotide, Beclomethasone, Symbicort, Seretide, Dulera, Qvar.



Please contact Open Airways if you have inhalers but do not understand which is prevention and which is emergency.

Do you have children with asthma or work with children who have asthma? If so, then take our:

**FREE online 45-minute course**  
**Supporting Children's Health - Asthma**

Learn what to do in an asthma attack, what triggers to avoid, what treatments help, etc.

[www.openairways.com](http://www.openairways.com)

## REMEMBER!

**Follow recommended guidance for preventing flu or coronavirus.**

- ⇒ Wash your hands frequently with soap and water or alcohol hand sanitizer.
- ⇒ Cough/sneeze into your elbow or tissue and dispose immediately.
- ⇒ Avoid contact with people with respiratory symptoms.
- ⇒ Remember - SOCIAL DISTANCING.



- ⇒ Get as much FRESH AIR as possible - open windows and let the FREE BREEZE in! Vitamin D will boost your immune system.
- ⇒ Get plenty of exercise: Stretch, online exercise classes; etc.
- ⇒ Clean without chemicals; as much as possible, keep home free of dust and mold; vacuum frequently and change sheets often.

## IDEAS & SUCH

- ⇒ Have 'fun' breaks - blow bubbles, practice music, paint or draw pictures, journal...have fun!
- ⇒ Scavenger Hunts; play board games online;
- ⇒ Complete the online 'Student Perception of Asthma Control Survey' - access via [www.openairways.com](http://www.openairways.com)
- ⇒ Use your imagination...and Enjoy!



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*Open Airways wishes you all good health and safety as we traverse these uncertain times.*