



## Asthma and COVID-19: What you need to know

The spring allergy season is typically a difficult time of the year for patients with allergies and asthma. This year, given the COVID-19 (coronavirus) pandemic, it is very important to distinguish between symptoms of asthma and COVID-19.

### How do I tell the difference between asthma and COVID-19?

#### Allergic Asthma Symptoms

- Coughing
- Wheezing
- Shortness of Breath
- Associated allergy symptoms
  - Runny and stuffy nose
  - Sneezing
  - Itchy, watery, and red eyes
  - Dry and itchy skin rashes
- Fever is **NOT** a symptom

#### COVID-19 Symptoms

- Fever
- Dry cough
- Shortness of breath
- Fatigue
- Sore throat
- Loss of taste or smell
- Muscle aches
- Chills
- Diarrhea (rare)
- Nasal congestion is present in only 5% of patients
- Red eyes are present in less than 1% of patients

**It is important for patients with asthma to remain on their daily medications even if symptoms seem controlled.** This also applies to the use of biologic therapies for asthma (Xolair, Nucala, and Fasenra). This is especially important during this time of the COVID-19 pandemic.

- There is no clear evidence that patients with asthma are at any higher risk of being infected with COVID-19.
- Asthma is an "underlying medical condition" that may be associated with more severe disease if you are infected with COVID-19. This is even more reason to make sure your asthma is well controlled at this time.
- There is no evidence that medications used to prevent asthma symptoms (including inhaled or oral steroids, montelukast, and biologics) increase your risk of contracting COVID-19. For those on asthma medications, these should all be continued at the current time.

**We continue to be available for our patients during this difficult time.**

**Call the Riverdale office at 973-248-9199 or the Paramus office at 201-523-9797 or schedule an appointment online.**

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[Click here to read more about our COVID-19 response](#)



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