



# COVID-19 & Lung Disease

Florida Department of Health • FloridaHealthCOVID19.gov

**People with chronic lung disease or moderate to severe asthma may be at risk for complications from COVID-19. COVID-19 can affect your respiratory tract (nose, throat, lungs), cause difficulty breathing, and possibly lead to pneumonia and acute respiratory disease.**

**If you have a cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.**



**Other symptoms include fever, chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.**

**Get rest and stay hydrated.** If you are not sick enough to be hospitalized you can recover at home.

**Monitor your symptoms.** If your symptoms get worse, call your health care provider immediately.

**Seek medical attention immediately** if you develop any of the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

## Take care of your health.

■ If you have one, follow your Asthma Action Plan. Learn more at [CDC.gov/Asthma/ActionPlan.html](https://www.cdc.gov/Asthma/ActionPlan.html).

■ Take your medications on time and as directed, including any inhalers with corticosteroids. Don't stop taking any medications or change your treatment plan without talking to your health care provider.

■ Discuss any concerns about your treatment with your health care provider and talk to them about creating an emergency supply of prescription medications, like asthma inhalers. If you have asthma, make sure you know how to use your inhaler and avoid your asthma triggers.

■ Keep up healthy habits: healthy eating, exercise, getting enough sleep and managing stress. Stress can trigger an asthma attack. Take steps to help yourself cope with stress and anxiety at [Emergency.CDC.gov/Coping/SelfCare.asp](https://www.emergency.cdc.gov/Coping/SelfCare.asp)

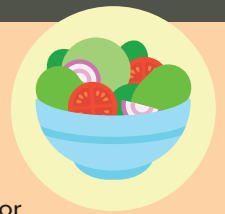
■ Stop smoking. Smoking can make it more likely that you have heart attack or stroke.

Visit [TobaccoFreeFlorida.com](https://www.tobaccofreeflorida.com) for Quit Your Way services.

**Stock up on 2–3 weeks** of non-perishable food, prescriptions and medical and health care supplies.

**Create a contact list** of family, friends, neighbors, health care providers, community assistance programs and drivers, and let them know you may need them for help if you become sick.

**Stay up to date** with state and local guidance at [FloridaHealthCOVID19.gov](https://www.floridahealth.gov/covid-19)



**Wash your hands** often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

**Avoid touching your face** with unwashed hands.

**Cover your coughs and sneezes** with the inside of your elbow or a tissue.

**Clean objects or surfaces daily** that people touch a lot: door knobs, kitchen counters, key pads, etc.

**If you're sick, protect your family.** Stay in a separate room from others and avoid sharing personal items. Learn more at the Centers for Disease Control and Prevention's Get Your Home Ready page (<https://tinyurl.com/v267uf3>).

## Practice Social Distancing:

- Stay home as much as possible.
- Stay away from people who are sick or who have been sick in the past two weeks.
- Shop during off-hours when crowds are smaller.
- Avoid crowds and gatherings of 10 or more people.
- Keep at least 6 feet between you and other people.
- Avoid touching "high-touch" public surfaces.
- Wear cloth face coverings in public places.



**6 feet**

