

ASTHMA, COPD & COVID-19

FACE COVERINGS FOR PEOPLE WITH ASTHMA & COPD DURING COVID-19



Wearing a face covering is now mandatory in situations where it is difficult to practice social distancing such as on public transport or while shopping. Wearing a face covering in conjunction with other health measures such as handwashing and social distancing can help slow the spread of COVID-19.

You must self-isolate if you have tested positive for COVID-19 or if you are experiencing COVID-19 symptoms (fever, cough, fatigue, loss of smell or taste, or any flu like-symptoms). Wearing a face covering is not a substitute for self-isolation.

WHO SHOULD WEAR A FACE SHIELD

According to the HSE, face coverings are not recommended for children under the age of 13 or for anyone who:

- has trouble breathing
- is unconscious or incapacitated
- is unable to remove it without help
- has special needs and who may feel upset or very uncomfortable wearing the face covering

If you have severe asthma or COPD you may find it difficult to breathe when wearing a face covering. If this is the case, you can wear a face shield/visor. While they are not as effective as a face covering, they still offer a good level of protection.

The visor should wrap around the sides of your face (ear to ear) and extend to below the chin. Reusable visors should be cleaned after each use and then stored in a clean place until needed.

HOW TO WEAR A FACE COVERING

A cloth face covering should cover the nose and go under the chin and:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include at least two layers of fabric
- allow for breathing without restriction

FACE COVERING ADVICE FOR PEOPLE WITH ASTHMA & COPD

You can wear a face covering if you have asthma or COPD and your breathing is unaffected when wearing one. There are a number of factors to keep in mind:

DO:

- Carry your reliever inhaler with you at all times
- Choose an allergy-free or low fibre fabric that won't trigger your asthma or COPD
- Wash your hands with soap and warm water for 20 seconds before putting on a face covering and immediately after taking it off
- If your re-usable face covering gets damp, replace with a clean one.
- Wash re-usable face coverings daily in a hot wash over 60 degrees with detergent and dry thoroughly before re-wearing
- If your face covering is disposable, do not re-use; dispose after every use
- Continue to maintain a two meter distance in public and avoid close contact with others
- Carry two zip lock bags with you; one for unused face coverings and one for used face coverings

DON'T:

- Don't wear surgical, n95, or PPE masks which can affect healthcare supply
- Don't buy or use a face covering with a fabric that can trigger your asthma
- Don't use harsh chemicals or sterilisers when washing re-usable face coverings
- Don't touch your face while wearing your face covering
- Don't re-use disposable face coverings

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COPD ADVICELINE

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ASTHMA & COPD BEATING BREATHLESSNESS
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