

BACK2WORK

LIFE ALONGSIDE COVID-19 Proudly supported by AstraZeneca



ASTHMA & COPD CHECKLIST FOR EMPLOYEES¹

MANAGE YOUR CONDITION

- Complete an Asthma Action Plan or a COPD Communication Card with your GP or respiratory specialist
- Familiarise yourself with the **5 Step Rule** available from asthma.ie
- Continue to take your medication as prescribed
- Always carry your reliever (usually blue) inhaler with you in case of an asthma emergency. If you are using your reliever inhaler more than twice a week, you may be over-reliant: speak to your healthcare professional
- Use the traffic lights system on your COPD communications card
- Do some **'Breathe Easier'** exercises available from copd.ie
- Phone our **Adviceline** on **1800 44 54 64**, or send a text to our new Beating Breathlessness patient support **WhatsApp service** on **086 059 0132** to speak to asthma and COPD nurse specialists
- Top Tips for managing your condition and keeping well: asthma.ie/keeping-well-with-asthma-and-copd-during-covid-19

STAY COVID-19 AWARE

- Download the free **HSE COVID tracker app** from covidtracker.gov.ie
- Keep a daily diary of people you meet and limit interactions with others
- Stay informed with COVID-19 updates from the HSE, Department of Health, and asthma.ie
- Inform your employer and GP immediately if you experience COVID-19 symptoms: you may need to self-isolate

TRAVEL SAFELY

- Plan your route to work: walk, cycle or drive where possible
- If using public transport, try to use off-peak times and avoid cash transactions. Use a Leap Card or bus pass where possible. Visit transportforireland.ie for updated timetables and information
- Face coverings are now mandatory on public transport with exemption for children under 13 or those who have difficulty breathing

PROTECT YOURSELF

AND OTHERS AT WORK

- Wash your hands regularly for at least 20 seconds with soap and warm water and use hand sanitizer as often as possible
- Cough and sneeze into a tissue or napkin then dispose immediately into a bin. If you do not have one, turn your head away from others and cough or sneeze into your elbow
- Practice social distancing and follow social distancing signs in public places
- If required, ensure Personal Protective Equipment is worn correctly and face coverings do not impede your breathing: asthma.ie/document-bank/cloth-face-coverings-for-people-with-asthma-and-copd-during-covid-19
- Refrain from touching your face

ENSURE YOUR WORKPLACE IS SAFE

- Discuss your workplace exposure risk and your asthma related risk with your occupational department/employer and your GP
- Clean and disinfect with antibacterial cleaning products each time you leave and return to your workspace
- Request and familiarise yourself with your employers' business COVID-19 Response Plan: dbe.gov.ie/en/Publications/Return-to-Work-Safely-Protocol.html
- Contact the **HSA** at wcu@hsa.ie or **1890 289 389** if you are:
 - worried about how your workplace is responding to social distancing or other measures
 - an employer and want advice on coronavirus prevention measures in the workplace

¹ If you have severe COPD or severe asthma (for definition, see asthma.ie/news/cocooning-and-severe-asthma), you possibly need to continue cocooning and so may not be able to return to work. Speak with your GP, respiratory specialist, and your employer. If you are a healthcare worker, you will require a letter from your specialist.

ASTHMA & COPD ADVICELINE

1800 44 54 64

BEATING BREATHLESSNESS WHATSAPP

MESSAGE **086 059 0132**