



**FIGHTING
CORONAVIRUS
WITH EVERY
BREATH**



PAVEE POINT
TRAVELLER AND ROMA CENTRE



TRAVELLERS, ASTHMA, COPD & COVID-19

LIVING WITH CORONAVIRUS



WHAT IS ASTHMA?

Asthma affects your breathing. If you have asthma you will sometimes find it hard to breathe and you will hear a wheezing noise or cough a lot.

WHAT IS COPD?

Chronic Obstructive Pulmonary Disease (COPD) makes it hard for air to leave your lungs. This is because the airways get smaller. This can leave you with shortness of breath or tiredness because you are working harder to breathe.

COCOONING

What is cocooning?

Cocooning means that you should stay home and away from others as you're more vulnerable if you get COVID-19.

This includes Travellers who have long term conditions such as: cystic fibrosis, severe asthma, severe COPD, lung diseases or SCIDs.

If you have asthma and become unwell due to COVID-19, make sure to tell your GP or hospital asthma team or hospital asthma nurse over the phone.

ASTHMA, COPD

& COVID-19

Travellers with severe asthma or COPD are at risk of becoming very unwell with COVID-19 if they catch it. Travellers with mild to moderate asthma may also become very unwell. COVID-19 could be around for a long time so you need to be extra careful to stay safe and keep yourself well. This includes:

- Keep checking your condition and taking your medication. If you need more or are unsure what medication you should take, call your GP and they will send your prescription to your local chemist for either delivery or collection. If you can't collect your medication, you can ask your family to pick it up for you. If you don't have family around, there are other community supports available.
- If you are feeling unwell, contact your local GP over the phone
- Staying at home and not visiting people
- People in vulnerable groups are to avoid unnecessary face-to-face or physical contact with others. The HSE advice for at risk groups and coronavirus is available on [hse.ie](https://www.hse.ie)

HOW TO MANAGE YOUR ASTHMA OR COPD

1



Keep taking your **MEDICATION**

Always make sure you have enough medicine.

2



Make sure to use proper **INHALER TECHNIQUE**

There are many different types of inhalers. It's important to make sure you're using your inhaler properly. For more information on proper technique - check out the videos on the Asthma Society of Ireland website – asthma.ie.

3



Prepare an **ASTHMA ACTION PLAN**

You can fill it in with your GP or a respiratory nurse over the phone. You can download your Asthma Action Plan from asthma.ie.

4



Try to **CUT DOWN ON SMOKING, giving up altogether.**

It's really important that you don't smoke inside the home as this can make your condition worse.

5



TRY TO RELAX as best you can.

If you're feeling tense or worried, breathing or relaxation exercises can help you to manage this. For example: Yoga.

6



KNOW YOUR TRIGGERS

and avoid them where possible.



Smoking



Exercise



Cleaning products



Mildew or mould



Medicines



Colds/Flu



Feelings



Animals



Pollens, grass, trees



Sprays



Foods & drinks



Weather



Certain Jobs

7



EAT HEALTHY

and get a **GOOD NIGHT'S SLEEP.**

8



EXERCISE WHERE POSSIBLE

Remember to always keep your blue inhaler with you when you're exercising



WHO CAN I CONTACT ABOUT KEEPING WELL?



For people with Asthma or COPD:

- Contact the Asthma / COPD Adviceline on **1800 44 54 64** for free, to speak to a nurse specialist on staying well
- Visit the Asthma Society of Ireland website to find out more: asthma.ie
- Send us a message on WhatsApp using **086 059 0132**

If you are finding it difficult to breathe and need urgent help call **999/112** straightaway.

If you are feeling worried or stressed about what the Coronavirus means for your asthma / COPD, you can contact:

- Local Traveller organisation
- Traveller Primary Health Care Project
- National COVID-19 Community Call helpline on **0818 222 024** (8am-8pm; Monday-Sunday) or in your area through your local authority
- Asthma or COPD Adviceline
- GP
- Chemist

Asthma Society of Ireland
42-43 Amiens Street
Dublin 1, D01 E4X5

Pavee Point Traveller & Roma Centre
46 Charles Street Great
Dublin 1, D01 XC63

Tel +353 1 878 0255
www.paveepoint.ie

ASTHMA ADVICELINE
1800 44 54 64

COPD ADVICELINE
1800 83 21 46

ASTHMA & COPD WHATSAPP SERVICE

MESSAGE **086 059 0132**

nurse@asthma.ie



HSE COVID-19 HELPLINE
1850 24 1850