

Asthma & Staying Healthy

Colds, flu, and COVID



Things to know about getting sick when you have asthma

Getting the flu or a lung infection can cause your asthma to become worse and trigger flare-ups.



Create an asthma action plan with your doctor or nurse. This plan will help you and those around you know what to do if you become sick.

Practice healthy habits:

- Wash your hands often.
- Stay away from people who are coughing or sneezing.
- Clean surfaces in your home, especially when someone you live with has a cold or the flu.
- If you get sick, stay home.



Protect yourself:

- Talk with your doctor about an annual flu shot, pneumococcal vaccine, and COVID vaccine.
- Ask family members to get a COVID vaccine and annual flu shot as well. This will help keep you from getting sick when you're around them.
- Vaccinations protect you from severe COVID, influenza, or pneumonia. People with moderate-to-severe or uncontrolled asthma are more likely to be hospitalized from COVID.
- Follow current USCDC COVID recommendations to protect yourself and others.



Find out more at
maine.gov/dhhs/asthma

