

EXPERT GUIDANCE ON MANAGING ALLERGIES & ASTHMA DURING & AFTER THE COVID-19 OUTBREAK



INDEX

Understanding Allergies Better	1
What Are Allergies?.....	2
How to Identify Allergies	2
Help Your Physician Diagnose Allergy.....	3
Allergies, Asthma, and COVID-19.....	5
Do Allergies and Asthma Increase Your Risk of Contracting COVID-19?	5
How to Differentiate Between Allergies, COVID-19, Asthma, and Common Cold	6
How to Prevent Allergies and Asthma During COVID-19.....	8
How to Manage Allergies and Asthma During COVID-19	8
Self-Care Measures for Allergies and Asthma	9
Home Remedies to Boost Immunity.....	10
Traveling During COVID-19	12
Consulting Doctors for Allergy and Asthma During COVID-19	14
When to Consult Your Doctor	14
Points to Consider Before Consulting a Doctor.....	14
In-Person Consultation	15
Teleconsultation.....	15
General Care Instructions.....	17
How to Use a Mask Properly	17
Care While Using a Face Mask	18
Fear and Stigma Associated With COVID-19	20
How to Reduce Stigma Related to COVID-19?	20
References.....	21





UNDERSTANDING ALLERGIES BETTER



Understanding Allergies Better

What Are Allergies?



How to Identify Allergies



Your immune system sometimes responds aggressively to potential allergens—leading to inflammation/irritation in your skin, sinuses, airways, or gut.¹



If you always experience symptoms such as itching, sneezing, wheezing, or watery eyes while around pets or during spring, you may have an allergy.¹



If you also develop such symptoms after consuming foods such as egg or peanuts, you may be allergic to these foods.¹

Help Your Physician Diagnose Allergy



Note any changes to your day-to-day life that may be triggering the allergy.¹



Make a list of your symptoms.¹



Track the timing, frequency, and circumstances that prompt allergic responses.¹





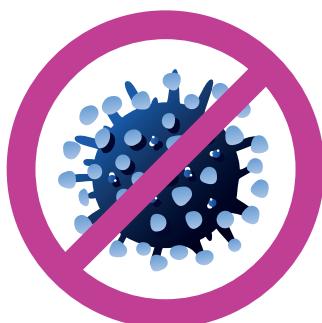
ALLERGIES, ASTHMA, AND COVID-19



Allergies, Asthma, and COVID-19

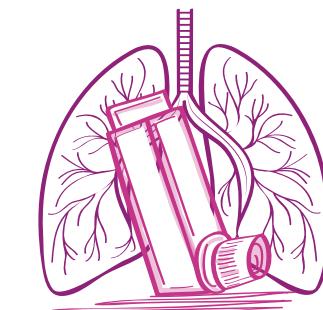
Do Allergies and Asthma Increase Your Risk of Contracting COVID-19?

Conditions such as allergic rhinitis do NOT increase your chances of contracting the coronavirus (SARS-CoV-2).²

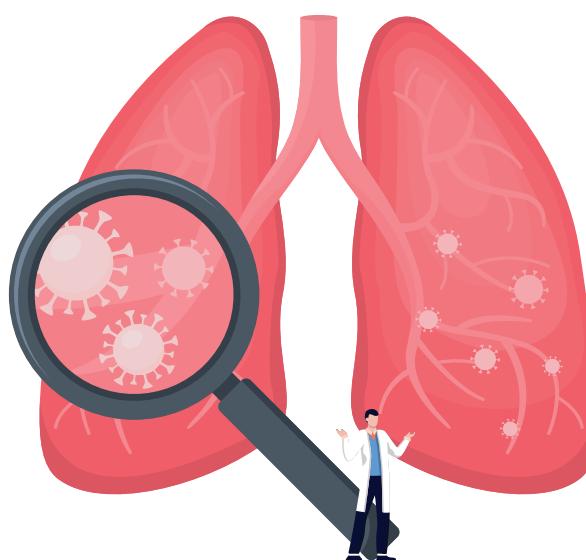


Asthma is an important risk factor for COVID-19 death or severity.²

- People with asthma should take measures to control their asthma effectively and use inhalers as directed by their physician, to reduce the effect of COVID-19 as far as possible.²



SARS-CoV-2: Severe acute respiratory syndrome coronavirus 2.



 A few symptoms of respiratory allergies and asthma may be similar to those of COVID-19, creating confusion. It is therefore important to control and prevent allergies.²

How to Differentiate Between Allergies, COVID-19, Asthma, and Common Cold?

Symptom	Flu	Common Cold	Allergies	COVID-19
 Fever	● Common	● Uncommon	● No	● Common
 Sore throat	● Sometimes	● Sometimes	● Sometimes	● Sometimes
 Cough	● Common	● No	● No	● Common
 Runny nose	● Sometimes	● Common	● Common	● Sometimes
 Sneezing	● No	● Common	● Common	● No
 Fatigue	● Sometimes	● Sometimes	● Sometimes	● Common
 Body ache	● Common	● Common	● No	● Sometimes

Symptom	Flu	Common Cold	Allergies	COVID-19
 Headache ▶	● Common	● No	● Sometimes	● Sometimes
 Shortness of breath ▶	● Uncommon	● No	● No	● Sometimes
 Diarrhea ▶	● Uncommon, may occur in small children	● No	● No	● Sometimes
 Duration of symptoms ▶	○ 7–14 days	○ Less than 14 days	○ 7–25 days	○ 7–25 days
 Chills or repeated shaking ▶	● Sometimes	● Sometimes	● No	● Common
 Loss of taste or smell ▶	● Rare	● Rare	● Rare	● Common



How to Prevent Allergies and Asthma During COVID-19



Wear masks and gloves while cleaning the house.^{3,4}



Keep pets out of the bedroom.^{3,4}



Cut down on dander, dust mites, and molds.^{3,4}



Avoid pollen.^{3,4}



Stop smoking.^{3,4}



Key message: Identify and avoid contact with the allergens to avoid allergic reactions.

How to Manage Allergies and Asthma During COVID-19

Stock up on necessary medications with a valid prescription from a registered medical practitioner (14- to 30-day supply).⁴

Avoid allergens.³

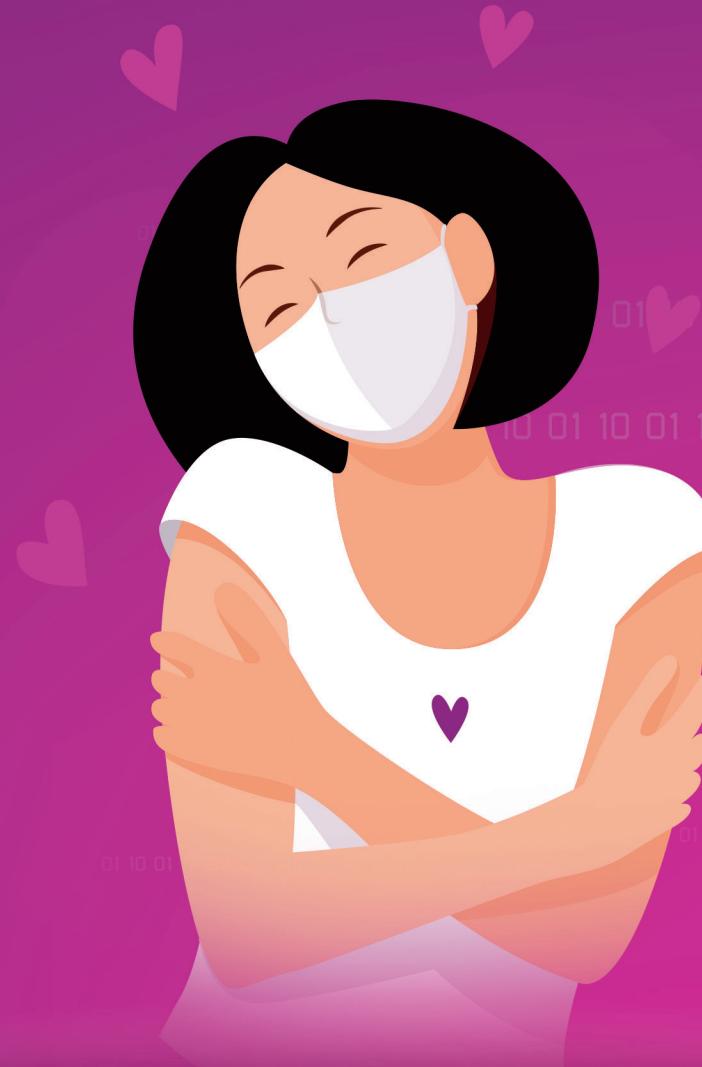
Continue to take prescribed medications regularly, as instructed by your physician.⁴



In case of mild-to-moderate allergies, consult your physician via teleconsultation.²

In case of severe allergies, try to visit the physician in person with a prior appointment and take necessary precautions to prevent the spread of COVID-19.²

Do not change or stop your medications without consulting your doctor.²



SELF-CARE MEASURES FOR ALLERGIES AND ASTHMA



Self-Care Measures for Allergies and Asthma⁵

These remedies are recommended by AYUSH Department Government of India and are not a substitute for professional medical advice. There is limited clinical evidence on these therapies.

Nasal application: Apply sesame oil/coconut oil or ghee in both nostrils (pratimash nasya) every morning and evening.



Oil pulling therapy: Take a tablespoon of sesame or coconut oil in the mouth. DO NOT drink. Swish in the mouth for 2 to 3 minutes and spit off. Rinse with warm water. Perform this once or twice a day.



Home remedies for sore throat or dry cough⁵

Clove powder mixed with natural sugar/honey can be taken 2–3 times a day.



Steam inhalation with fresh mint leaves or caraway seeds (once a day)



Home Remedies to Boost Immunity⁵

Take Chyawanprash 10 g in the morning.



Drink herbal tea/ decoction made from basil, cinnamon, black pepper, dry ginger, and raisin once or twice a day. You can add jaggery (natural sugar) and/or fresh lemon juice, if needed.



Golden milk: Half a teaspoon haldi (turmeric) powder in 150 mL hot milk once or twice a day.

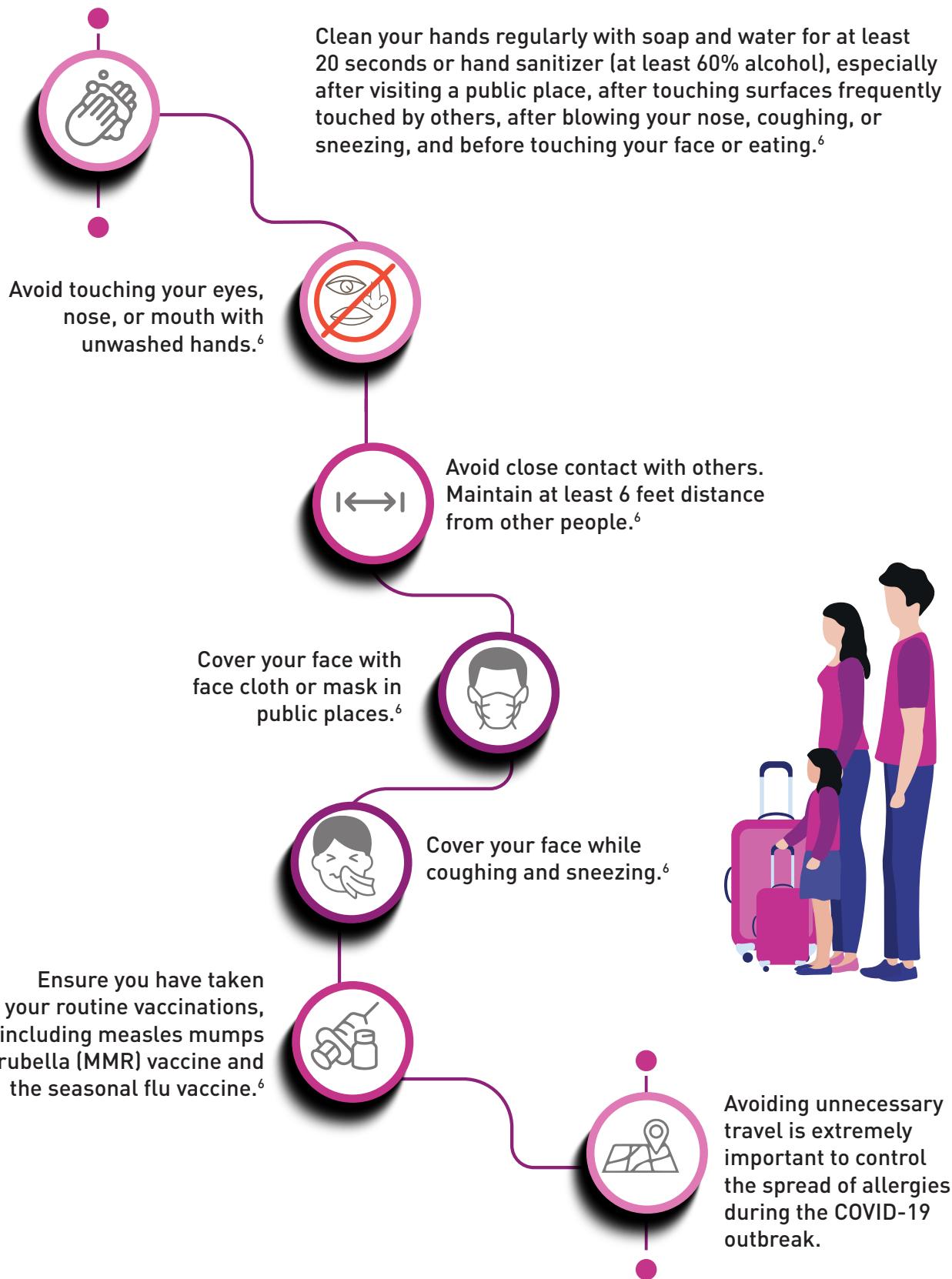




TRAVELING DURING COVID-19



Traveling During COVID-19





CONSULTING DOCTORS FOR ALLERGY AND ASTHMA DURING COVID-19



Consulting Doctors for Allergy and Asthma During COVID-19

When to Consult Your Doctor

Contact your doctor if the home remedies do not work or you experience an exacerbation of your allergy/asthma-related symptoms or any of the following:

Trouble in breathing or shortness of breath³



Pain or pressure in the chest that does not go away³



Feeling confused or trouble waking up³



Bluish tint of lips, face, or fingernails³



Points to Consider Before Consulting a Doctor

In-person consultation is reserved for severe cases. Discuss with your healthcare provider regarding the severity to decide on the mode of consultation.²

Teleconsultation is preferred when you have mild-to-moderate symptoms. You can connect with your doctor through telephone or video-conferencing apps to discuss your symptoms and manage them.

Severe symptoms



In-person consultation

Mild-to-moderate symptoms



Teleconsultation

In-Person Consultation

Wash your hands after you cough or sneeze.³



Avoid touching your face (including your mouth, nose, and eyes).³



Remember to wear a face mask.³



Maintain social distancing (6 feet) during the visit.³



Teleconsultation

- Pre-telemedicine preparation:
- Keep the following documents ready:
 - Previous prescriptions
 - Previous reports (like X-rays)
- Share all the relevant information (like digital reports or previous prescriptions) with the doctor before the consultation.
- Note down all your specific queries and primary complaints at one point.

Try to have peak flow meter at home and keep the assessment results handy when contacting the doctor.³



If you are using a nebulizer, inform your doctor and ask if an alternative could be used—including metered-dose inhaler or dry powder inhaler.³



Ask if follow-up visits for children with mild-to-moderate or well-controlled asthma could be either postponed or converted into teleconsulting.³



GENERAL CARE INSTRUCTIONS

General Care Instructions

How to Use a Mask Properly



1
Clean your hands with soap and water or hand sanitizer



2
Hold the mask by the ear loops and place a loop around each ear



3
Mold or pinch the stiff edge to the shape of your nose



4
Pull the bottom of the mask over your mouth and chin



5
Avoid touching the front of the mask when wearing



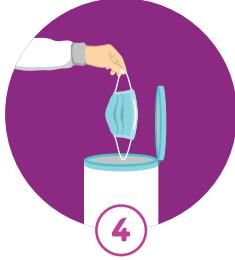
1
Clean your hands with soap and water or hand sanitizer



2
Avoid touching the front of the mask. Only touch the ear loops



3
Hold both of the ear loops and gently lift and remove the mask



4
Throw the mask in the trash



5
Clean your hands with soap and water or hand sanitizer

Care While Using a Face Mask

Cover your mouth, nose, and beard completely, so that there are no gaps between the mask and your skin.³



Wash your hands before putting on the mask.³



Do not touch the mask while wearing it.³



Never use a damp face cover or mask.³



Always remove the mask from behind.³



Wash washable face coverings or discard disposable masks into a closed bag or trash can.³



Wash your hands properly with hot water and soap for 20 to 30 seconds.³





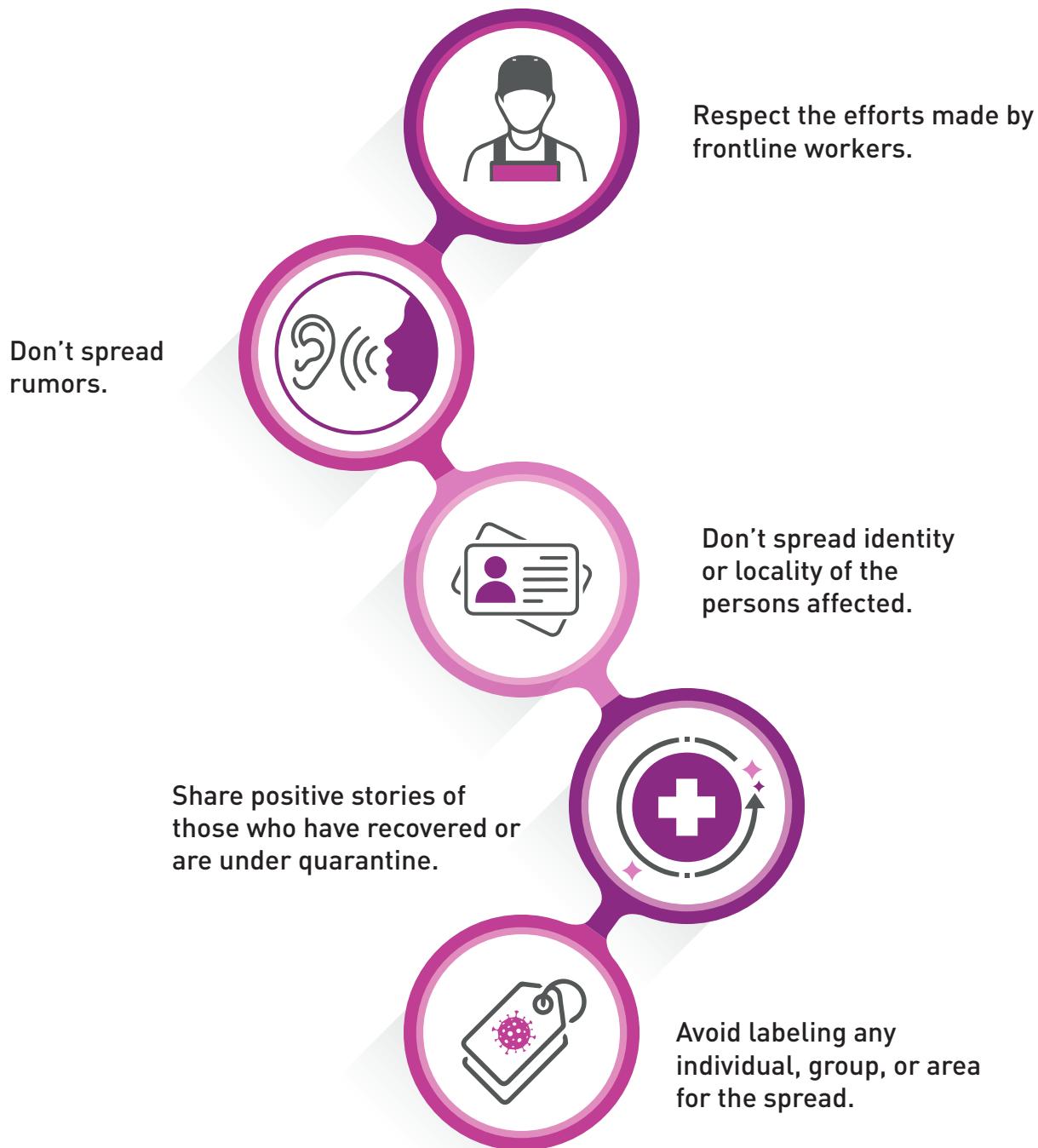
FEAR AND STIGMA ASSOCIATED WITH COVID-19



Fear and Stigma Associated With COVID-19

The misinformation, rumors, and fear of the disease fuel-up the stigma associated with COVID-19.

How to Reduce Stigma Related to COVID-19⁷



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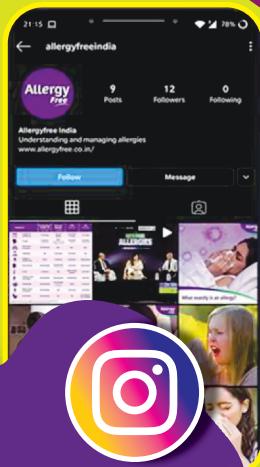


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DISCOVER THE WHAT, WHERE & HOW OF ALLERGIES



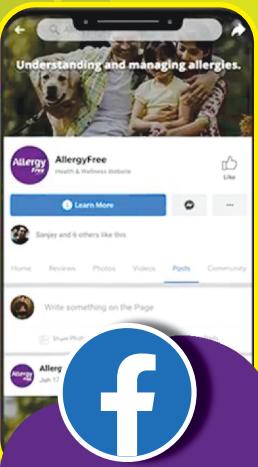
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