

EXPERT GUIDANCE ON MANAGING

ALLERGIES

&

ASTHMA

DURING & AFTER THE

COVID-19

OUTBREAK



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UNDERSTANDING ALLERGIES BETTER



Understanding Allergies Better

What Are Allergies?

Allergy is an immune response to substances that are harmless to most people.¹



These substances are called allergens and can include dust mites, pets, pollen, insects, ticks, molds, latex, certain foods, and medications.¹



Common symptoms of allergy include itching, sneezing, wheezing, and watery eyes.¹



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



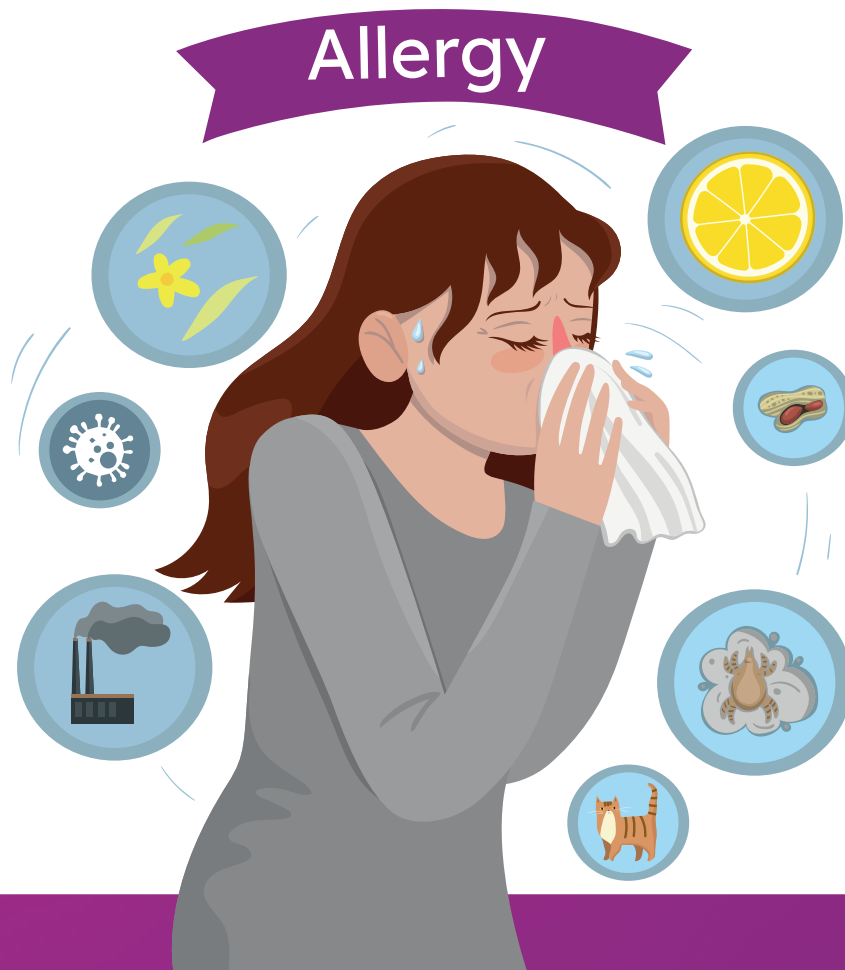
Note any changes to your day-to-day life that may be triggering the allergy.¹



Make a list of your symptoms.¹



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





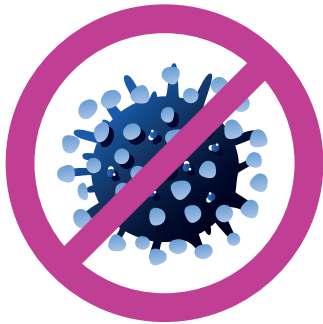
ALLERGIES, ASTHMA, AND COVID-19



Allergies, Asthma, and COVID-19

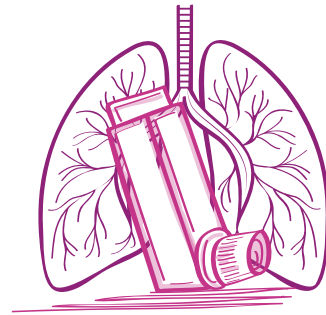
Do Allergies and Asthma Increase Your Risk of Contracting COVID-19?

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

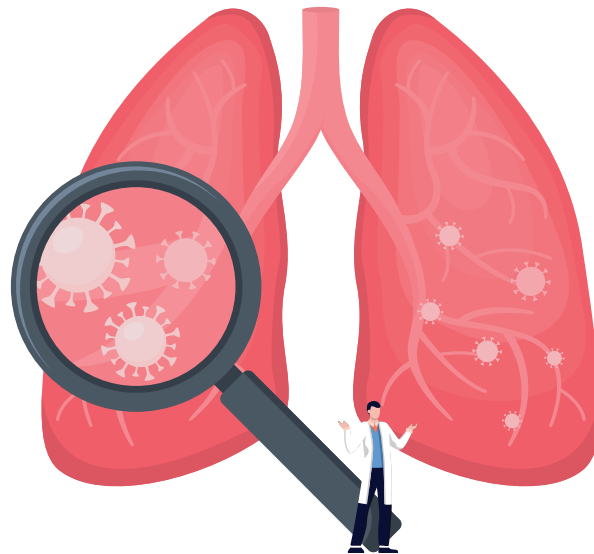



Asthma is an important risk factor for COVID-19 death or severity.²

- 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
<p>Fever</p>	<p>Common</p>	<p>Uncommon</p>	<p>No</p>	<p>Common</p>
<p>Sore throat</p>	<p>Sometimes</p>	<p>Sometimes</p>	<p>Sometimes</p>	<p>Sometimes</p>
<p>Cough</p>	<p>Common</p>	<p>No</p>	<p>No</p>	<p>Common</p>
<p>Runny nose</p>	<p>Sometimes</p>	<p>Common</p>	<p>Common</p>	<p>Sometimes</p>
<p>Sneezing</p>	<p>No</p>	<p>Common</p>	<p>Common</p>	<p>No</p>
<p>Fatigue</p>	<p>Sometimes</p>	<p>Sometimes</p>	<p>Sometimes</p>	<p>Common</p>
<p>Body ache</p>	<p>Common</p>	<p>Common</p>	<p>No</p>	<p>Sometimes</p>

Symptom	Flu	Common Cold	Allergies	COVID-19
<p>Headache ▶</p>	<input checked="" type="radio"/> <p>Common</p>	<input type="radio"/> <p>No</p>	<input type="radio"/> <p>Sometimes</p>	<input type="radio"/> <p>Sometimes</p>
<p>Shortness of breath ▶</p>	<input type="radio"/> <p>Uncommon</p>	<input type="radio"/> <p>No</p>	<input type="radio"/> <p>No</p>	<input type="radio"/> <p>Sometimes</p>
<p>Diarrhea ▶</p>	<input type="radio"/> <p>Uncommon, may occur in small children</p>	<input type="radio"/> <p>No</p>	<input type="radio"/> <p>No</p>	<input type="radio"/> <p>Sometimes</p>
<p>Duration of symptoms ▶</p>	<input type="radio"/> <p>7–14 days</p>	<input type="radio"/> <p>Less than 14 days</p>	<input type="radio"/> <p>7–25 days</p>	<input type="radio"/> <p>7–25 days</p>
<p>Chills or repeated shaking ▶</p>	<input type="radio"/> <p>Sometimes</p>	<input type="radio"/> <p>Sometimes</p>	<input type="radio"/> <p>No</p>	<input checked="" type="radio"/> <p>Common</p>
<p>Loss of taste or smell ▶</p>	<input type="radio"/> <p>Rare</p>	<input type="radio"/> <p>Rare</p>	<input type="radio"/> <p>Rare</p>	<input checked="" type="radio"/> <p>Common</p>



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}

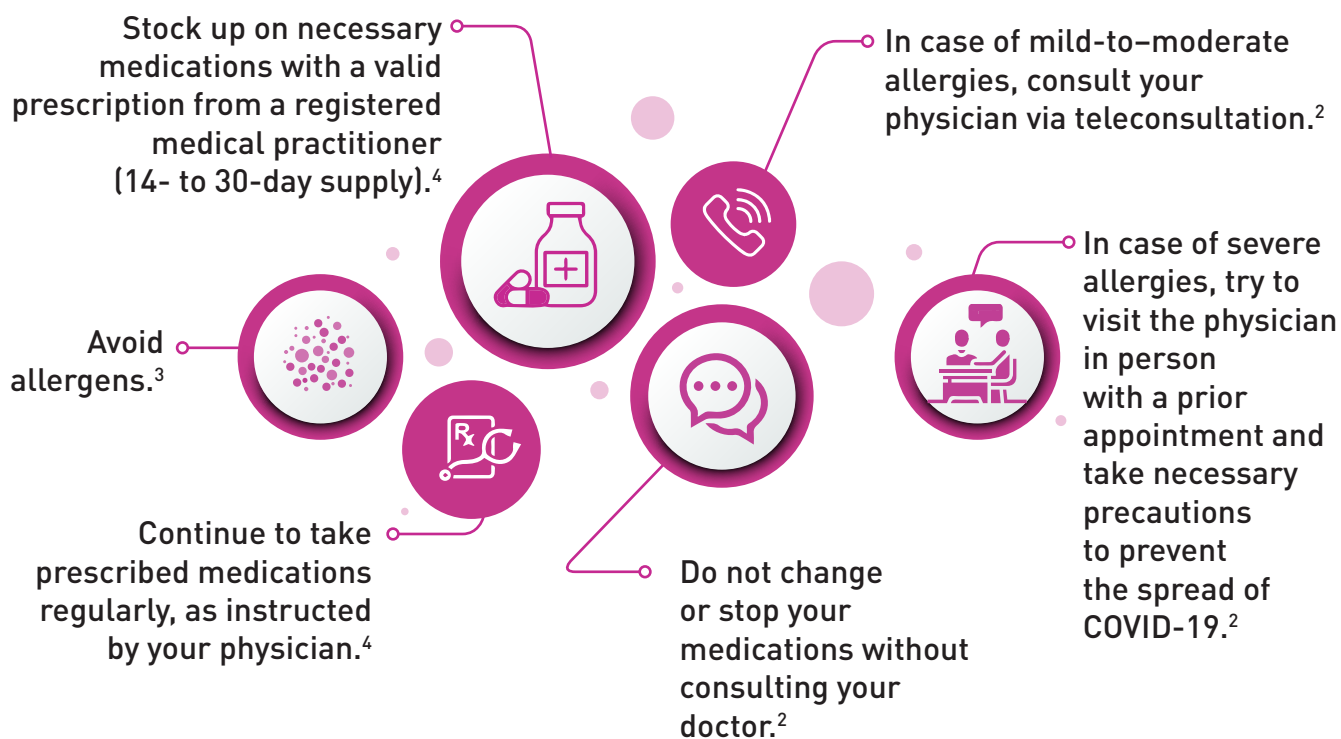


Stop smoking.^{3,4}



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

How to Manage Allergies and Asthma During COVID-19





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 (pratimarsh 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

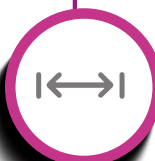


Traveling During COVID-19



Clean your hands regularly with soap and water for at least 20 seconds or hand sanitizer (at least 60% alcohol), especially after visiting a public place, after touching surfaces frequently touched by others, after blowing your nose, coughing, or sneezing, and before touching your face or eating.⁶

Avoid touching your eyes, nose, or mouth with unwashed hands.⁶



Avoid close contact with others. Maintain at least 6 feet distance from other people.⁶

Cover your face with face cloth or mask in public places.⁶



Cover your face while coughing and sneezing.⁶

Ensure you have taken your routine vaccinations, including measles mumps rubella (MMR) vaccine and the seasonal flu vaccine.⁶



Avoiding unnecessary travel is extremely important to control the spread of allergies during the COVID-19 outbreak.





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

Severe symptoms



In-person consultation

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.

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

How to Wear Medical Mask



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

How to Remove Medical Mask



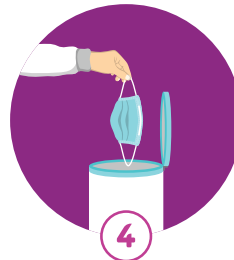
1
Clean your hands with soap and water or hand sanitizer



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

Never use a damp face cover or mask.³

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



Wash your hands before putting on the mask.³



Do not touch the mask while wearing it.³



Always remove the mask from behind.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

Don't spread rumors.



Respect the efforts made by frontline workers.

Don't spread identity or locality of the persons affected.

Share positive stories of those who have recovered or are under quarantine.

Avoid labeling any individual, group, or area for the spread.

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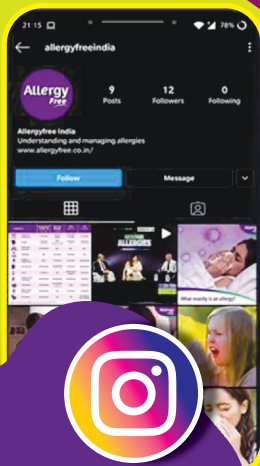


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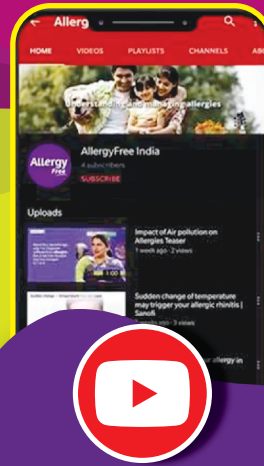
DISCOVER THE WHAT, WHERE & HOW OF ALLERGIES



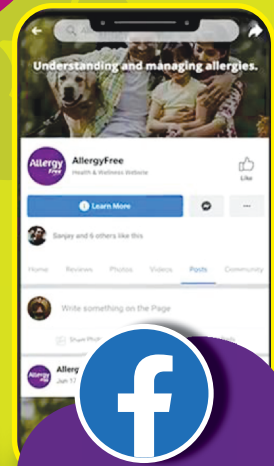
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