

**Advice for carers of residents with COPD and asthma during the COVID-19 pandemic**

Residents with asthma and COPD are at greater risk if they contract COVID-19. There has been an expected surge of demand for inhalers at this time. Due to the pressures that pharmacies are facing with potential stock shortages please use up your available stock if this is still in date before re-ordering a new prescription. Residents should use their preventer inhalers regularly all the time.

**Please see a list of useful links for reference:**

<https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/>

<https://www.blf.org.uk/support-for-you/coronavirus>

<https://www.brit-thoracic.org.uk/about-us/covid-19-information-for-the-respiratory-community/>

<https://www.rightbreathe.com>

The Right Breathe website provides information on all inhaler devices available including training videos demonstrating correct inhaler technique to support carers in administration and counselling to residents. Please refer to this if your resident has received a new inhaler before first use and also to periodically check good technique. Correct use of their inhaler significantly reduces your residents chances of having an exacerbation of their asthma/COPD. Please see the attached guide on how to use the rightbreathe app which you can download on your mobile phone - this can be used to check that your resident is using their inhaler properly.

At the present time there is no evidence to suggest that either antibiotics or corticosteroids (rescue packs) are useful or appropriate in the early stages of COVID-19 infection. The exception is if a resident has an agreed management plan for this in place already.

If you have any queries then please contact the MOCH team on the following email address: **cheshireccg.moch@nhs.net**