

## ASTHMA

### If you are, or your child is, taking:

- Any **biologic therapy**, also called a mAb (Xolair/omalizumab, Nucala/mepolizumab, Cinqaero/reslizumab, Fasenra/benralizumab)
- Steroid tablets or liquid every day
- Antibiotic tablets or liquid for asthma every week (e.g. azithromycin)
- Tiotropium
- A combination inhaler that also contains a long-acting bronchodilator (e.g. Seretide, Fostair, Symbicort) at a high daily steroid dose (see [the list below](#))
- An inhaler with a high daily steroid dose (see [the list below](#)) AND you are taking Montelukast

### Or, if:

- You have been admitted to hospital for your asthma in the last 12 months
- You have ever been admitted to an intensive care unit for your asthma

### Then you should follow the shielding advice, which means:

- Stay at home at all times and avoid any face-to-face contact with others for at least 12 weeks.
- Get food, medicines and other essential items delivered, and have the person delivering them leave them at the door. You can ask friends and neighbours to help with this, or use delivery services. If you can't do this, public services and charities are gearing up to help people who have to stay at home. From Tuesday 24<sup>th</sup> March you may be able to [register for extra services](#) from Government.
- Use phone or online services to contact your GP or other services if needed.
- Inside your home, minimise all non-essential contact with other people you live with.
- People who provide essential support for you, such as healthcare or support with your daily needs or social care, can still come to your home. But if they have symptoms of COVID-19, they should not come. You should make a plan for how your care needs will be met if your carer becomes ill.
- If you get symptoms of COVID-19, which means a fever or a new continuous cough, use the NHS 111 online coronavirus service or call 111 as soon as you get symptoms. Do not wait for your symptoms to get worse.
- If someone else lives with you, they do not have to follow the shielding guidance. They should follow the social distancing guidance very closely and do what they can to support you with shielding.
- There is more information for people who live with you in the [government shielding guidance](#) and we would strongly suggest you read it and apply it as much as you can.

We know that shielding is hard. But we believe it is the best way to protect people who could become very unwell if they get COVID-19.

Inhaler	Adult	Child
Clenil Modulite pMDI	250 micrograms 2 puffs twice a day	200 micrograms 2 puffs twice a day
Kelhale pMDI	100 micrograms 4 puffs twice a day	
Qvar pMDI, Autohaler or Easi-Breathe	100 micrograms 4 puffs twice a day	100 micrograms 2 puffs twice a day
Soprobec pMDI	250 micrograms 2 puffs twice a day	200 micrograms 2 puffs twice a day
Alvesco pMDI	160 micrograms 2 puffs twice a day	160 micrograms 2 puffs once a day
Flixotide Evohaler	250 micrograms 2 puffs twice a day	125 micrograms 2 puffs twice a day
Budesonide Easyhaler	400 micrograms 2 puffs twice a day	200 micrograms 2 puffs twice a day
Budelin Novolizer	200 micrograms 4 puffs twice a day	200 micrograms 2 puffs twice a day
Pulmicort Turbohaler	400 micrograms 2 puffs twice a day	200 micrograms 2 puffs twice a day OR 400 micrograms 1 puff twice a day
Flixotide Accuhaler	500 micrograms 1 puff twice a day	250 micrograms 1 puff twice a day
Fostair pMDI or NEXThaler	200/6 two puffs twice a day	
DuoResp Spiromax	320/9 two puffs twice a day	320/9 one puff twice a day OR 160/4.5 two puffs twice a day
Symbicort Turbohaler	400/12 two puffs twice a day	200/6 two puffs twice a day
Fobumix Easyhaler	320/9 two puffs twice a day	
Flutiform MDI	250/10 two puffs twice a day	125/5 two puffs twice a day
Flutiform K-Haler	Not licensed at high doses	125/5 two puffs twice a day
Aerivio Spiromax	500/50 one puff twice a day	
AirFluSal Forspiro	500/50 one puff twice a day	
AirFluSal pMDI	250/25 two puffs	

	twice a day	
Aloflute pMDI	250/25 two puffs twice a day	
Combisal pMDI	250/25 two puffs twice a day	125/25 two puffs twice a day
Fusacomb Easyhaler	500/50 one puff twice a day	
Sereflo pMDI	250/25 two puffs twice a day	
Seretide Accuhaler	500/50 one puff twice a day	250/50 one puff twice a day
Seretide Evohaler	250/25 two puffs twice a day	125/25 two puffs twice a day
Sirdupla pMDI	250/25 two puffs twice a day	
Stalpex Orbicel	500/50 one puff twice a day	
Relvar Ellipta	184/22 one puff once a day	92/22 one puff once a day
Asmanex Twisthaler	400 micrograms 1 puff twice a day	200 micrograms 1 puff twice a day

If being used as part of a MART regime		
Fostair pMDI or NEXThaler	100/6 one puff twice a day + 1 additional puff when necessary (if using at least 5 puffs each day on average)	
Symbicort Turbohaler	100/6 two puffs each day + 1 additional puff when necessary (if using at least 10 puffs each day on average)	
Symbicort Turbohaler	200/6 two puffs each day + 1 additional puff when necessary (if using at least 5 puffs each day on average)	
DuoResp Spiromax	160/4.5 two puffs each day + 1 additional puff when necessary (if using at least 5 puffs each day on average)	
Fobumix Easyhaler	80/4.5 two puffs each day + 1 additional puff when necessary (if using at least 10 puffs each day on average)	
Fobumix Easyhaler	160/4.5 two puffs each day + 1 additional puff when necessary (if using at least 5 puffs each day on average)	