



ARCHWOOD MEDICAL PRACTICE

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Dear Patient,

Advice for Patients with Asthma – COVID-19 Pandemic

The Government has [released guidelines](#) for people who would be at very high risk if they caught coronavirus because they have a severe respiratory condition, including severe asthma.

If you have not been contacted by NHS England, you are not in this group. However, if you think you are 'clinically extremely vulnerable' and should self-isolate for 12 weeks, you can check and self-register on the government website.

With Asthma you are at higher risk than the normal population, however you can lessen this risk by taking your inhalers regularly and following your self-management plan. You can find lots of helpful information at www.asthma.org.uk

You do not need to self-isolate and can work as normal.

You do not need to request rescue packs of steroid or antibiotics.

If your Asthma has not troubled you for many years, but now feel your symptoms reoccurring and feel that you need a new inhaler, you will need a video consultation with either our Asthma Nurse or one of the GPs.

Please telephone or email the practice, or contact 111 or Out of Hours, if your symptoms deteriorate.

Yours sincerely,

Dr Monica Chanda,

Dr Graham Parker

Dr Raje Thiagarajan