

HAVE ASTHMA? YOU CAN WEAR A FACE MASK!

Wearing a face mask is one of the few things we can all do to fight the spread of COVID-19. Expert doctors and national lung organizations agree that people with asthma and other severe lung diseases should wear masks, along with staying at least 6 feet from others and washing their hands often.

If your asthma symptoms keep you from wearing a mask, call your doctor right away for help getting your asthma under control. People with asthma over age 2 should be able to breathe through cloth or standard medical masks without trouble. There is enough airflow from gaps around the mask and through it, and you will get plenty of oxygen. Be sure the mask covers your nose and mouth, and tucks under your chin for a good fit.

N95 masks should be saved for healthcare workers, except for some people with poor immune systems. Ask your doctor if you need a special mask.

If the doctor does give you a pass not to wear a mask, you may not be able to go to places that require them.

Exercising while wearing a mask should not trigger an asthma attack if your asthma is under control. It's best to exercise outside, keeping at least 6 feet away from others. During hot and humid weather, you might need to stay in air conditioning as much as you can.

Some mask types may work better for you than others. Wearing a face shield or any kind of mask is likely better than nothing! If you have a latex allergy, look for masks made of latex-free cloth and ear loops. Used masks should be washed daily.

Wearing a mask can also help block asthma triggers like common cold viruses, cold air, pollen and animal dander.

CALL YOUR DOCTOR TO LEARN MORE ABOUT ASTHMA & MASKS

VISIT [MICHIGAN.GOV/CORONAVIRUS](https://michigan.gov/coronavirus) FOR MORE WAYS TO STOP THE SPREAD OF COVID-19



Michigan Department of Health & Human Services