



BRIGHAM AND
WOMEN'S HOSPITAL

| **AERD Center** |

Friday, April 10th, 2020

Please take a moment to read the following:

We are closely monitoring the spread of COVID-19 and taking every precaution to ensure that, no matter how the situation evolves, we can continue to safely care for all of our patients. As the situation develops, we will continue to release any updates or changes in our recommendations for managing care.

Coronavirus (COVID-19) and Asthma/AERD:

On April 8th, the Center for Disease Control and Prevention (CDC) released findings from a Morbidity and Mortality Weekly Report that suggests asthma may be a risk factor for hospitalization in patients diagnosed with COVID-19 (<https://www.cdc.gov/mmwr/volumes/69/wr/pdfs/mm6915e3-H.pdf>). It is important to keep in mind that this report does not document the severity of asthma of the hospitalized patients or the severity of the COVID-19 infection. However, the rates of asthma among hospitalized patients with COVID-19 were higher than found among the general public.

Given the findings from this report, we would like to emphasize the importance of optimizing asthma control and medication compliance. We are advising all of our patients, especially those with asthma, to remain on their medications. It's important that your asthma be well controlled, especially now. None of the asthma medications, including inhaled corticosteroids and biologics (Xolair, Dupixent, Nucala, or Fasenra), have been shown to increase the risk of getting COVID-19. There is no information that suggests that any of the asthma medications themselves will make infection with COVID-19 worse.

At this time, there is very little data about how the new strain of coronavirus affects people with asthma, and we will continue to update you as more information becomes available.

Many patients with asthma may feel more comfortable having an extra supply of their regular asthma medications at home, with access to albuterol if needed. Please reach out to your asthma/AERD provider for prescriptions if you need refills.

Coronavirus (COVID-19) and NSAIDs/Aspirin:

We have no changes to our previous recommendations from March 16th, that are included below:

There have been occasional mentions in the news that taking NSAIDs or aspirin might be a risk factor for worsened symptoms from COVID-19. At this time, we have no data to support this concern, and the use of aspirin or NSAIDs was not linked as a risk factor in the patients in China. Therefore, for patients with AERD who are desensitized to aspirin and maintained on a daily dose of aspirin, we are currently recommending that you remain on your usual dose of aspirin. If any new information emerges that would change our recommendation, we will provide



updated information. If your local specialist has a different recommendation based on your personal situation, please follow their recommendations.

Social distancing but remaining connected:

Please see below for general recommendations regarding social distancing. It is important that you follow the guidelines required by your local public health officials. However, during these times it will become increasingly important that we don't lose our human connections. There are a number of resources that may be helpful to you within the international community of patients with AERD. These include:

- Facebook support group (<https://www.facebook.com/groups/702917239722157/>)
- Facebook support group #2 (this is the updated Yahoo support group that is now on Facebook (<https://www.facebook.com/groups/830562347118955/>))
- Samter's Society (<https://www.samterssociety.org/>) which is an active patient-advocacy group.

We encourage you to be a part of any of these support mechanisms that would work for you.

As a reminder, there are proactive steps that everyone can take to help prevent the spread of COVID-19 and other infections:

1. Frequently wash your hands with soap and water (for at least 20 seconds). If unable to wash, use an alcohol-based hand sanitizer.
2. Avoid touching your face, eyes and mouth.
3. Regularly clean commonly used surfaces with disinfectant.
4. Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue away and then wash or sanitize your hands. If a tissue is not available, cough or sneeze into your upper sleeve or elbow.
5. Avoid shaking hands (even in a business setting).
6. Avoid sharing food and drinks.
7. Avoid close contact with people who are sick.
8. Please practice social distancing (6 feet away) as much as possible and stay home and keep your distance from others if you are sick.
9. People who think they may have been exposed to COVID-19 should contact their healthcare provider immediately.

Should I avoid international travel?



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The impact of COVID-19 around the globe is evolving quickly. All patients should avoid travel to areas designated with a Level 3 CDC Travel warning. Patients with asthma should strongly consider avoiding non-essential travel.

Should I avoid domestic travel?

The prevalence and distribution of COVID-19 infection in the United States is evolving rapidly. Patients with asthma should strongly consider avoiding non-essential travel. Patients should review the latest information and advisories before embarking on any trip.

The following are links to reliable on-line resources, although please understand that this information is RAPIDLY changing and may quickly be out of date:

CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Brigham And Women's:

<https://www.brighamandwomens.org/about-bwh/newsroom/covid-19>

Sincerely,

Tanya M. Laidlaw, MD and the Brigham and Women's Hospital AERD Center providers