

## Upcoming Webinars



**Addressing COVID-19  
Vaccine Hesitancy in  
High Risk  
Communities**

March 17  
4:00 PM ET



**Breathe Easier:  
Smoking Facts and  
Cessation Tips**

March 25  
4:00 PM ET



**Cannabis Attitudes &  
Patterns of Use**

April 1  
1:00 PM ET

Register at [allergyasthmanetwork.org](https://allergyasthmanetwork.org) [News](#) [Webinars](#)



## Asthma, Allergies & Patient Partnerships

March 9, 2021



## OUR SPEAKER

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### **Tonya Winders**

- President & CEO, Allergy & Asthma Network
- President, Global Allergy & Airways Patient Platform

### Meet a Vital Part of the Allergy & Asthma Network Team

#### **Tonya Nash, MPH, CHES®**

- Assistant Project Manager  
for CDC EXHALE Project



#### **Marcela Gieminiani**

- Director of Development
- Project Manager - CDC Grant



## Program OUTLINE

- Current State of COVID-19
- Health Disparities
- Steroid Stewardship
- Resources for Patients & Caregivers
- Time for YOUR Questions



## Current State of COVID-19

Current Data  
COVID-19 Information Center  
COVID-19 Resources



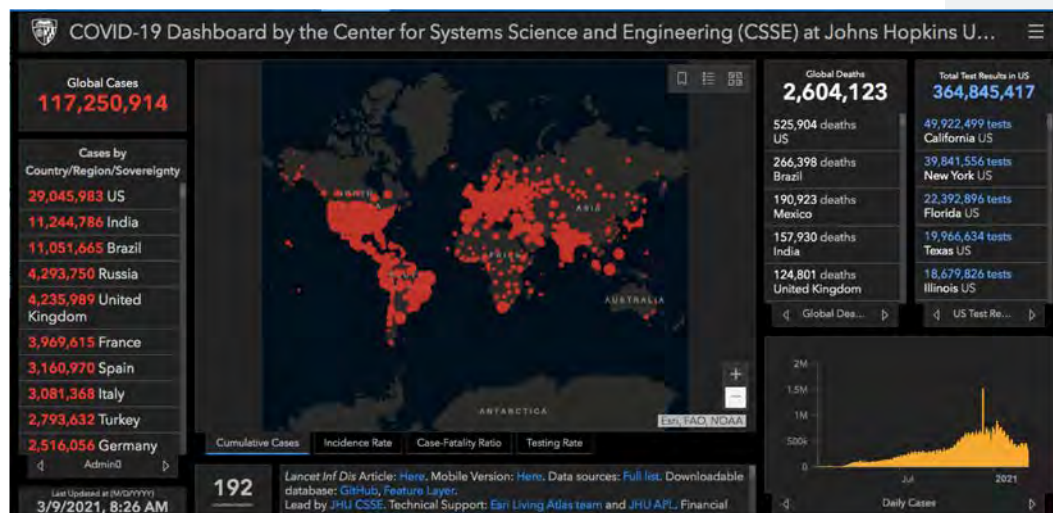
## Poll Question



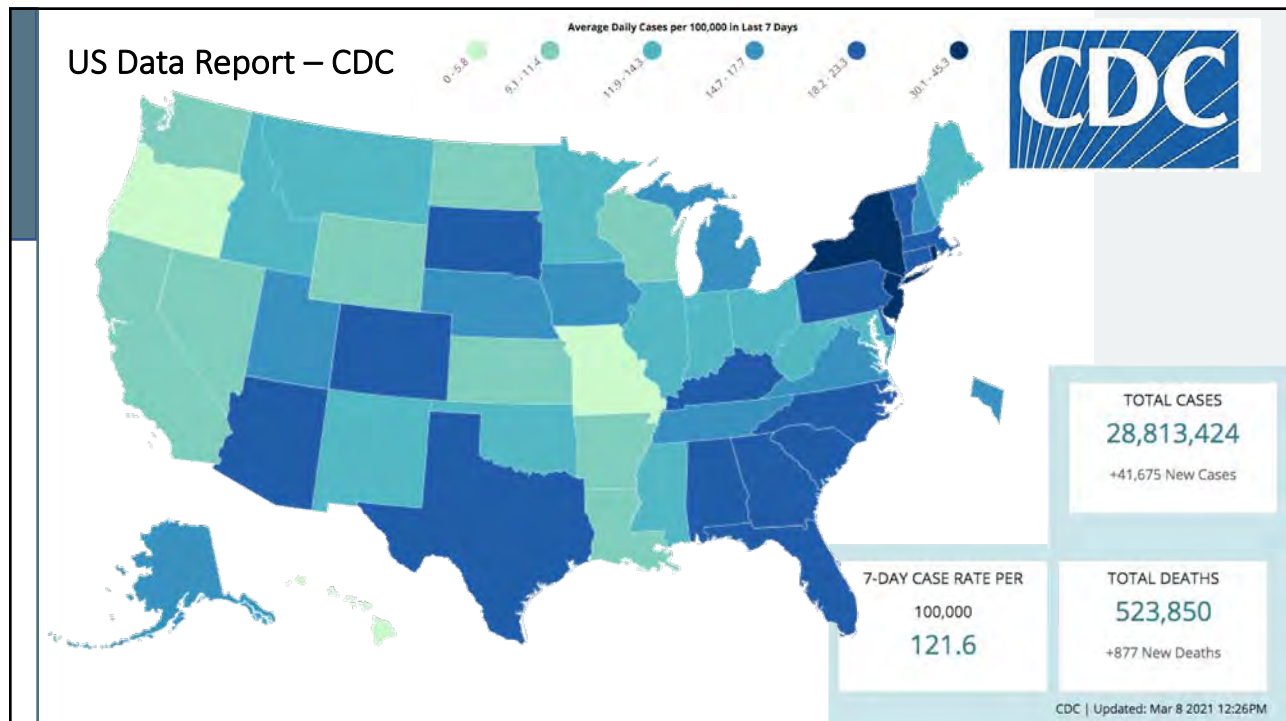
- We'd like to know who is with us today!
- What category best describes you? (we have a limited number of answers or would offer more!)

## Johns Hopkins Global Map

March 9, 2021 – 8:26 AM







## In the News

- *Stimulus package* –
  - \$1.9 Trillion COVID-19 stimulus package passes the Senate
- *Collaboration* -
  - Moderna & IBM said Thursday they will focus on technologies such as artificial intelligence, blockchain and hybrid cloud to help improve information sharing among governments and health care providers to address potential supply chain disruptions



## In the News

- *International Travel Ban* –
  - On Monday, President Biden extended and enlarged a travel ban that President Donald Trump had enacted
  - People who are not U.S. citizens cannot travel from **South Africa, Brazil, the U.K. and 26 additional European countries**
- *Variant Viruses* -
  - Different versions of the virus that causes COVID-19 are spreading quickly even as the pace of new infections has generally been falling nationwide



## New CDC Guidance

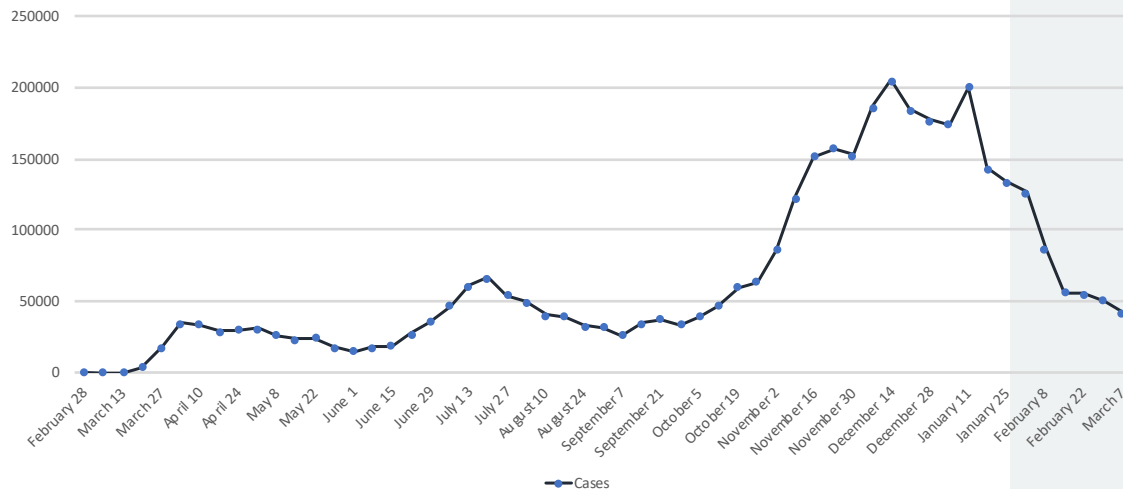
### Guidance released on Monday:

- Those who are fully vaccinated can spend time with unvaccinated people indoors, with no mask, so long as those who are unvaccinated are at low-risk for severe COVID-19
- Presents a "low risk" of virus transmission
- As the size of gatherings increase and involves additional households, the risk also increases
- In gatherings with fully vaccinated people and unvaccinated people from multiple households, everyone should wear a mask and practice distancing

## COVID-19 Cases in US by Date Reported



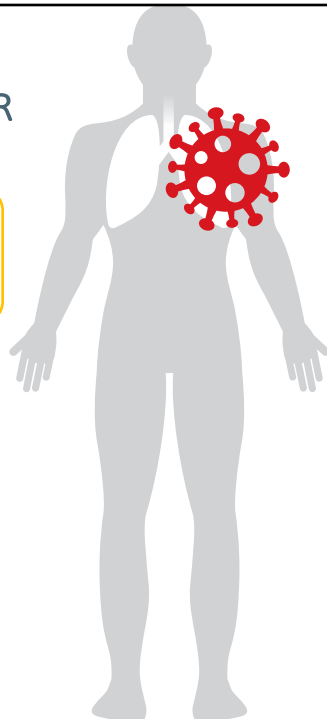
New Cases by Day



## COVID-19 INFORMATION CENTER

### Weekly updated information:

- News
- Webinars
- Fact sheets
- Podcasts
- Infographics



### What YOU Need to know:

- FAQ's
- Asthma & COVID-19 Vaccine
- School Resources
- Mental Health Resources
- Latex allergy & COVID-19
- AERD & COVID-19
- Webinars & Videos



Why Face Masks Are Critical for People with Asthma and Allergies



COVID-19 Vaccine Reported Allergic Reactions

## COVID-19 RESOURCES – Hot Topics

More COVID-19 Resources shown later in the presentation

## Health Disparities

Racial Disparities in COVID-19  
Pandemic

Need for Health Equity  
Not One More Life





## Racial Disparities IN COVID-19 PANDEMIC

Race	Share of Population	Share of Deaths	Share of Cases
White (non-Hispanic)	61.1%	51.1%	44.5%
Black	12.3%	21.1%	18.7%
Hispanic	17.8%	21.1%	28.8%
Asian	5.4%	3.7%	2.8%
Native American	0.7%	0.9%	1.2%

*Covid-19 Tracking project, NPR 9/23*

## The Need for Health Equity



## Practical Challenges

- These factors that can lead to asthma disparities also can lead to disparities in vaccination of communities
- We need to improve access to the vaccine

### FACTORS THAT CAN LEAD TO ASTHMA DISPARITIES



• **ACCESS TO CARE** – Limited or lack of transportation can result in patients missing or rescheduling doctor appointments and forgoing or delaying medication use.



• **INCOME** – Poverty can affect access to healthcare and health insurance, forcing low-income patients to skimp on medical care, including preventive medications.



• **ENVIRONMENTAL ALLERGENS AND IRRITANTS** – People with asthma who live in urban areas with substandard housing are exposed to more asthma triggers, including mold, dust mites, cockroaches and mice, cigarette smoke and vehicular exhaust from nearby highways.



• **EDUCATION INEQUALITY** – A lack of knowledge and understanding of the disease can lead to problems such as using asthma inhalers incorrectly or not following through on treatment.



• **LANGUAGE AND CULTURAL DIFFERENCES** – People with asthma who speak Spanish as a primary language may struggle to get appropriate health services.

## Not One More Life (NOML): Novel Approach to Asthma Disparities

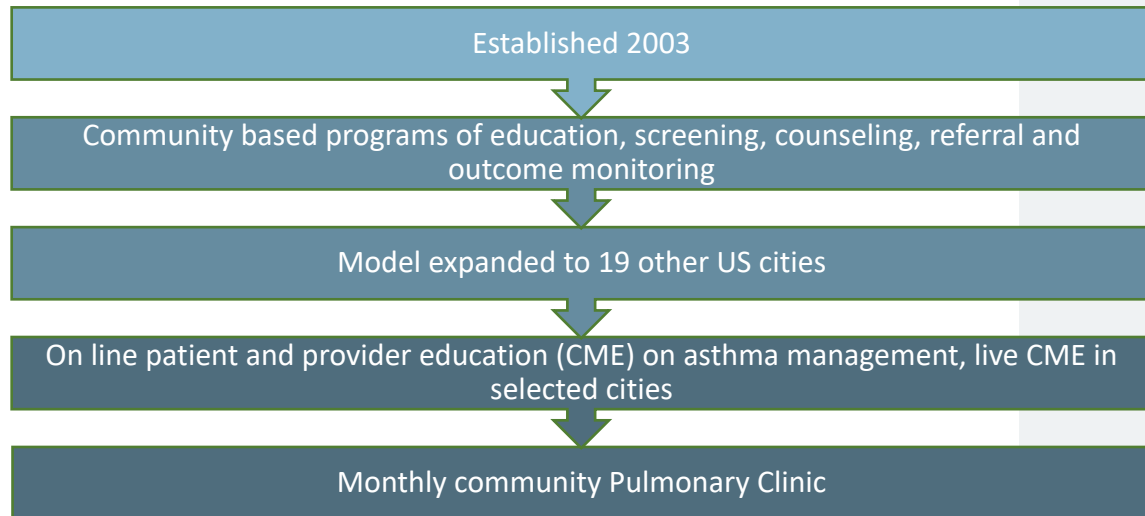
NOML programs presented in partnership with communities of faith, health ministries, local schools and other validated community partners

### Individual case management

- Telephonic follow-up at 1, 3, 6 and 12 months
- Referral to existing clinics and community hospitals
- Follow-up in our free pulmonary clinic in Atlanta
- Medication assistance
- Access to pulmonologists and allergists
- Determination of eligibility for CMS programs
- Utilization of patient assistance programs

## One Potential Solution

[www.notonemorelife.org](http://www.notonemorelife.org)



## NOML: Novel Approaches

NOML programs presented in partnership with communities of faith health ministries, local schools and other validated community partners

Short didactic presentation on asthma, Q and A

Participants screened: validated (modified Juniper) questionnaire and spirometry

Pulmonologist/allergist/PCP volunteers review results with participants

Feedback to PCP and/or specialty providers

Access to specialty care via community pulmonary clinic

Telephonic follow-up at 1, 3, 6 and 12 months

**The COVID-19  
pandemic is harming  
people of color  
more than other  
groups in the U.S.**



**We don't believe this is right. Allergy & Asthma Network's Not One More Life Trusted Messengers project** aims to address the factors that make the burden of COVID-19 unequal and empower you with the information you need to take charge of your health.

Trusted Messengers is a unique partnership built on trust. It starts with reliable information about factors and conditions that can make you more vulnerable to COVID-19 and where you can access free screenings and resources in your community, including a free 16-week digital program designed to help connect you to the care you need to stay healthy during the COVID-19 pandemic.



- <https://youtu.be/ItrSIbpgs0o>



## Vaccine Hesitancy

If offered a coronavirus vaccine free of charge -

- **Fewer than half of Black people** and **66 percent of Latino people** said they would definitely or probably take it
- (According to a survey-based study that underscores the challenge of getting vaccines to communities hit hard by the pandemic)



## Poll Question



- **Have you been aware of how disparities affect your personal life or people that you work with?**

## Steroid Stewardship

Steroid Concerns  
OCS Overexposed



## OCS = Oral Corticosteroids

### What?

- Medicine to treat severe or uncontrolled asthma.
- OCS should not be confused with anabolic steroids used in body building or inhaled corticosteroids (ICS), which have fewer risks.

### Why?

- Oral steroids are an inexpensive medication and can quickly reduce inflammation in the airways.



## How do I know if I am using oral steroids too often?

- Two or more courses of oral steroids in a 12-month period
- Speak with your doctor about other treatment options for your asthma
- Use of two or more courses of oral steroids in a 12-month period is an indication of poor asthma control

**> 2  
courses  
in  
12  
months**



[PATIENTS & CAREGIVERS](#)
[HEALTHCARE PROFESSIONALS](#)
[PAYERS & POLICYMAKERS](#)
[PARTNERS](#)
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# PATIENTS & CAREGIVERS

Protect yourself, or your loved ones, with uncontrolled or severe asthma, from a failed treatment plan.

Overexposure to oral corticosteroids (OCS) carries serious risks. If you or your loved one has asthma, take necessary exposure to OCS, take steps to prevent overexposure. If you or your loved one's asthma is not controlled, talk to your doctor before the next doctor visit. It is also important to review the written treatment plan given to you. If you or your loved one has a written treatment plan, talk to your doctor to make sure it works for you. If an OCS is given during a visit to urgent care or the emergency room, be sure to tell your doctor and schedule a follow-up visit.

## OCS Overexposed

- Digital & Social Media Campaign to drive awareness
- Independent & Collective Activations
- 2019 Consensus Statement & 2020-21 Awareness Campaign
- 2021 Policymaker Focus

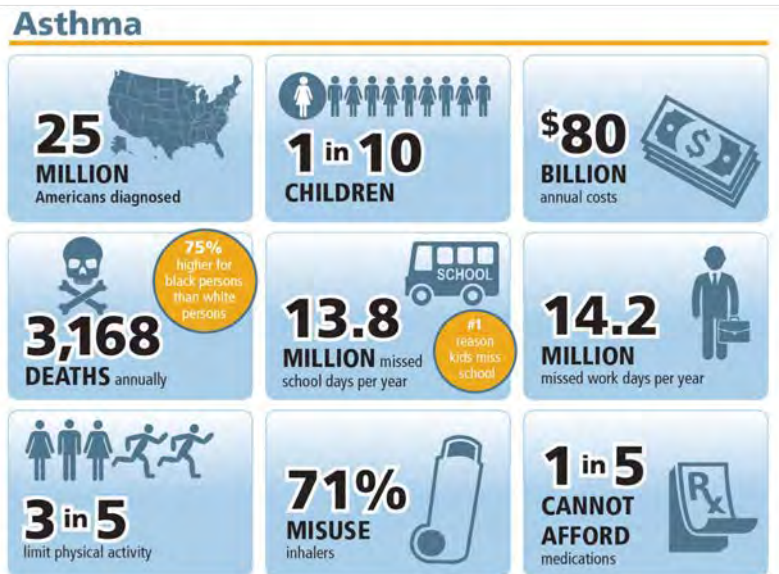
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# Resources for Patients & Caregivers

Asthma  
COVID-19



## Asthma Facts



## Patient Learning Pathways

Patient focused information on a variety of health topics

- Easy to understand
- Evidence-based
- On demand



Asthma  
Anaphylaxis  
CPD  
COVID-19  
Allergen  
Immunotherapy

Coming soon:  
Aspirin-  
Exacerbated  
Respiratory Disease

## Indoor Air Quality & Indoor Air Pollution

New webpage on [allergyasthmanetwork.org](http://allergyasthmanetwork.org)

- Why is indoor air quality important?
- How does indoor air quality affect our health?
- What are the most common indoor air pollutants?
- How can indoor air quality be improved?
- How can air quality be tested?
- And more!



## CDC EXHALE Strategies

Campaign to promote EXHALE strategies via social and traditional media

Development of resources for patient education (English & Spanish)

EXHALE website – resources & best practices (we want to hear from you!)


Collaboration with state asthma programs and other partners

Webinars to discuss EXHALE strategies

USAsthma Summit (November 5, 2021)


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## Asthma Posters



# Respiratory Medicines











Allerga Asthma Network.org  
877.878.4463



Chest Foundation  
www.chest.org





### SHORT-ACTING BETA<sub>2</sub>-AGONIST BRONCHODILATORS

These medicines are used for quick relief of asthma symptoms. They are not meant for long-term control of asthma.

Product	Form	Prescription
ProAir <sup>®</sup> HFA		
ProAir <sup>®</sup> RespiClick <sup>®</sup>		
Proventil <sup>®</sup> HFA		
Maxair <sup>®</sup> HFA		
Alupres <sup>®</sup> HFA		






























### LONG-ACTING BETA<sub>2</sub>-AGONIST BRONCHODILATORS

These medicines are used for long-term control of asthma. They are not meant for quick relief of asthma symptoms.

Product	Form	Prescription
Serevent <sup>®</sup> Diskus <sup>®</sup>		
AccuNeb <sup>®</sup> RespiClick <sup>®</sup>		






















### INHALED CORTICOSTEROIDS

These medicines help prevent asthma symptoms by reducing airway swelling and mucus production. They are not meant for quick relief of asthma symptoms.

Product	Form	Prescription
Advair <sup>®</sup> HFA		
Advair <sup>®</sup> Diskus <sup>®</sup>		
Asmanex <sup>®</sup> HFA		
Asmanex <sup>®</sup> Rotacaps <sup>®</sup>		
Asmanex <sup>®</sup> HFA		
RespiClick <sup>®</sup> Diskus <sup>®</sup>		
RespiClick <sup>®</sup> HFA		
RespiClick <sup>®</sup> HFA		
RespiClick <sup>®</sup> HFA		
RespiClick <sup>®</sup> HFA		
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RespiClick <sup>®</sup> HFA		
RespiClick <sup>®</sup> HFA		
RespiClick <sup>®</sup> HFA		
RespiClick <sup>®</sup> HFA		

### COMBINATION MEDICATIONS

These medicines combine a long-acting beta<sub>2</sub>-agonist and a corticosteroid. They are used for long-term control of asthma.

Product	Form	Prescription
Advair <sup>®</sup> Diskus <sup>®</sup>		
Advair <sup>®</sup> HFA		
Asmanex <sup>®</sup> HFA		
Asmanex <sup>®</sup> Rotacaps <sup>®</sup>		
Asmanex <sup>®</sup> HFA		
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RespiClick <sup>®</sup> HFA		

**Allergy Asthma  
Network**  
College  
of  
Allergy  
& Immunology

# Respiratory Tools

**AllergyAsthmaNetwork.org • 800.876.4603**  
AllergyAsthmaNetwork is a coalition of health care professionals committed to reducing medication and  
device-related asthma deaths. AllergyAsthmaNetwork.org • 800.876.4603 • Webinars, resources, press contact.

## NEBULIZERS

Nebulizers are used to deliver a liquid form of a medicine (usually an asthma inhaler) into the lungs. They are used to deliver a liquid form of a medicine (usually an asthma inhaler) into the lungs. They are used to deliver a liquid form of a medicine (usually an asthma inhaler) into the lungs.

## MEDICATIONS

- Asthma medications are delivered into the lungs through the nebulizer.
- • • • •

## Short acting beta2 agonists (SABA)

- Short acting beta2 agonists (SABA) are used to quickly relieve asthma symptoms.
- • • • •

## Long acting beta2 agonists (LABA)

- Long acting beta2 agonists (LABA) are used to prevent asthma symptoms.
- • • • •

## Corticosteroids

- Corticosteroids are used to reduce inflammation in the airways.
- • • • •

## Short acting muscarinic antagonists (SAMA)

- Short acting muscarinic antagonists (SAMA) are used to relax the airways.
- • • • •

## Long acting muscarinic antagonists (LAMA)

- Long acting muscarinic antagonists (LAMA) are used to relax the airways.
- • • • •

## Combination Medications

- Combination medications are used to treat asthma symptoms.
- • • • •

## Mast Cell Stabilizers

- Mast cell stabilizers are used to prevent asthma symptoms.
- • • • •

## VALED HOLDING CHAMBERS AND SPACERS

Valed holding chambers and spacers are used to deliver a liquid form of a medicine (usually an asthma inhaler) into the lungs. They are used to deliver a liquid form of a medicine (usually an asthma inhaler) into the lungs.

## SPIROMETER

A spirometer is a device used to measure the volume of air that a person can breathe in and out.

## PEAK FLOW METER

A peak flow meter is a device used to measure the speed of air that a person can breathe out.

## IN-CHECK DIAL INSPIRATORY FLOW METER

An in-check dial inspiratory flow meter is a device used to measure the volume of air that a person can breathe in.

## ASTHMA ACTION PLAN

An asthma action plan is a written document that provides instructions on how to manage asthma symptoms.

## ASTHMA ACTION PLANS

Asthma action plans are written documents that provide instructions on how to manage asthma symptoms.

## COVID-19 RESOURCES - Infographics

# Asthma and COVID-19

People with asthma and other respiratory conditions may be at higher risk for severe complications – including the respiratory problems on known to be diagnosed with COVID-19 – so you should consider:

## COVID-19 symptoms

- Fever (100.4)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Loss of taste or smell
- Headaches
- Muscle or joint aches
- Diarrhea
- Loss of interest in food

## What you need to do...

Protection	Prevention
<ul style="list-style-type: none"> <li>• Take your daily asthma controller medications as prescribed</li> <li>• Check for your prescriptions on up to 48 hours in advance</li> <li>• Keep an emergency inhaler and spacer, and your rescue inhaler with you</li> <li>• Follow your Asthma Action Plan</li> <li>• Know how to identify low or no expiratory sounds (no air being put out)</li> <li>• Use a nebulizer in a clean place, if needed, or cannot be cleaned by others</li> <li>• Avoid any air conditioning</li> <li>• Minimize breathing with a face mask and take care of any illness</li> <li>• Help people with low asthma and allergy / similar conditions, especially children, etc.</li> <li>• Use your regular doctor appointment – not telehealth – as often</li> </ul>	<ul style="list-style-type: none"> <li>• Wear your face mask regularly and wash your hands</li> <li>• Avoid "bunching" your face</li> <li>• Clear and avoid close proximity</li> <li>• Wash your hands</li> <li>• Avoid your pet (especially if you have a pet)</li> <li>• Avoid a group in a clean house, even when you're alone</li> <li>• If you already have COVID-19, avoid being around others</li> <li>• Avoid being around others who have COVID-19</li> <li>• If you have a pet, avoid being around others who have COVID-19</li> <li>• If you have a pet, avoid being around others who have COVID-19</li> <li>• If you have a pet, avoid being around others who have COVID-19</li> </ul>

**It's time to check on your asthma and allergy status – make sure you're up to date on your care**

**Allergy & Asthma**

At Allergy & Asthma, we're committed to helping you stay on top of your asthma and allergy care. We'll help you stay on top of your asthma and allergy care. We'll help you stay on top of your asthma and allergy care. We'll help you stay on top of your asthma and allergy care.

## COVID-19 Myths Busted

### MYTH:

### TRUTH:

The COVID-19 virus can be spread through air and household surfaces.

From the evidence to date, COVID-19 can be transmitted in air, surface, and by direct contact with an infected person. However, the risk of person-to-person, surface, and indirect transmission is much lower than person-to-person direct contact. Always practice protective measures if you are in or near an area with suspected COVID-19 cases.

COVID-19 can get into the eye.

While COVID-19 does have more obvious symptoms of the flu, such as fever and cough, and can be easily spread by person-to-person contact, COVID-19 is dangerous to the most vulnerable and early research suggests it has a higher mortality rate. However, COVID-19 is believed to be that it is easily spread from people who may show signs of symptoms.

Wearing face masks and gloves can prevent COVID-19 spread.

COVID-19 is a novel coronavirus – so new and different that it needs its own name. Widespread anxiety and panic has led to no robust protection against COVID-19.

The COVID-19 virus can be transmitted through a contaminated food item.

There is no evidence to suggest that COVID-19 is transmitted through a food item. COVID-19 is a highly contagious virus that is spread primarily through droplets when an infected person coughs or sneezes, or through touching surfaces containing the coronavirus.

Regular alcohol hand rubs prevent you from catching COVID-19.

There is no evidence that regularly using the hand with soap is a preventive action to protect against COVID-19 infection. Hand-rubbing with gel hand sanitizer can help people reduce their risk of getting a cold and other common infections.

Children cannot catch COVID-19.

All age groups are at risk of becoming infected with COVID-19. Studies show children are just as likely to get COVID-19 as adults. However, children are less likely to get sick and people with COVID-19 severity depends on how old they are. Adults are at higher risk for more severe complications.

Source: World Health Organization and Medical Councils, & Ministry of Health (2020)

# Asthma Care at School

## Post COVID-19 Outbreak

A student presents at the school Health Office with report of respiratory symptoms

### Could it be viral?

Common cold, Flu, COVID-19

Virtual Nurse Visit: Virtual Visit  
Respiratory Assessment Equipment (RAE)

**Maybe?**

Reasons for additional asthma symptoms:

- Head of cold/flu
- Cough without/with phlegm
- Nasal congestion
- Wheezing/shortness of breath
- Respiratory fatigue
- Fever/feverish
- Pain/ache
- Sneezing/itchy nose & face

**No**

Reasons for additional asthma symptoms:

- Head/itchy of asthma
- No fever
- Cough with/without phlegm
- Chest congestion/ Cough
- Wheezing/shortness of breath
- Breath sounds not auscultatory, respiratory volume
- Limping, Normal gait
- Reports not feeling able to fully participate in daily activities
- Signs looking to catch breath

**Yes**

**Assess for asthma issues & Treat if needed:**

- Update diagnosis
- Call parents
- Consider order to refill/adjust previous asthma possible, provide inhaler refill needed

If confirmed COVID-19

- Assess risk
- Consider school health office
- Consider 2-3 day absence
- Document in record, Barking & monitor twice COVID guidelines or if SLE

**Yes**

**Follow Asthma Action Plan**

- Green - Follow plan, observe
- Yellow - Administer rescue inhaler as directed, early action
- Red - Administer rescue inhaler as directed
- Call 911 if symptoms are not improving

**No**

**Observe (Return to class as appropriate)**

Return via Page 2 for Asthma Care



## Know the Difference:

### COVID-19 vs. Flu vs. Allergies

**DOWNLOAD PDF**

## Know your risks:

### Protect Your Family from COVID-19

**DOWNLOAD PDF**

## COVID-19

### RESOURCES - Infographics

## Reduce Your COVID-19 Risk

### Remember the 3 Ws!

**1 Wash your hands frequently**

Use soap and water for 20 seconds

**2 Watch your distance**

Keep 6 feet apart and avoid large crowds

**3 Wear a mask**

Prevent spread of COVID-19 and protect others

Allergy & Asthma Network 35th Anniversary



## Poll Question



- **Are you planning to utilize Allergy & Asthma Network's resources in the coming months?**

**TIME FOR  
QUESTIONS**



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## Next Webinar

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- Addressing COVID-19 Vaccine Hesitancy in High Risk Communities
- Thursday, March 17, 2021
- 4:00 PM ET
- Speakers:
  - Dr. Monica Webb Hooper
  - Dr. Purvi Parikh
  - Tonya Winders



## For More Information



Visit Allergy & Asthma Network  
at  
[www.allergyasthmanetwork.org](http://www.allergyasthmanetwork.org)

