

# COVID-19 and COPD:

## What you need to know



### → Do I have a higher chance of getting very sick from COVID-19 if I have COPD?

Most health researchers who have studied COPD and COVID-19 have found that having COPD:



Does not raise your chance of **getting** COVID-19



**May** raise your chance of getting very sick if you do get COVID-19

People who have COPD often have other health problems, such as high blood pressure, diabetes, or heart disease. These can raise your chance of having to go to the hospital and go on a respirator (breathing machine) if you do get COVID-19.

### → How can I protect myself from COVID-19 if I have COPD?

Staying up-to-date on your COVID-19 vaccines is the best thing you can do to protect yourself

#### Manage your COPD

COPD alone can make it hard to breathe. Keeping your symptoms under control will help you feel better and protect your health if you do get COVID:



Take your COPD medicines exactly how your doctor tells you to



If you use a nebulizer to take your medicine, it's safe to continue doing so. But if you get COVID-19, talk to your doctor about more ways to protect yourself when using your nebulizer.



If you have a flare-up or new symptoms from your COPD, call your doctor to make a plan together




**Worried about your chances of getting very sick from COVID-19?**

Talk with your doctor for advice based on your health history



Visit our website to find out if you can get a COVID-19 vaccine at no cost through CDC's Bridge Access Program.



 [bit.ly/3QMEI8B](https://bit.ly/3QMEI8B)

## To protect yourself more, you can also:



Wash your hands often, especially before eating or after coughing and sneezing. You can also use hand sanitizer that is at least 60% alcohol.



Wear a mask that is comfortable and fits well when leaving home. Surgical masks and respirators (like KN95s or N95s) will give you more protection than a cloth mask.



Avoid large gatherings and crowded spaces. If you must be indoors with other people, open a window to clear the air.



Try to stay at least 6 feet away from others



A COVID test called a Rapid Antigen takes about 15 minutes and tells you if you have COVID right now, and if you could spread it to other people.



## What should I do if I have symptoms of COVID-19?



### 1. Get tested

Use a home COVID-19 test kit or go to an urgent care or other health care professional.



### 3. Ask your doctor about treatments for COVID-19

You must start taking these medicines within 5 to 7 days of when your symptoms started.



### 2. If you test positive, tell your doctor:

- What symptoms you have
- When your symptoms started



### 4. Take care of yourself

Rest and drink a lot of fluids.



If your symptoms start to get worse quickly, call your doctor.



## Learn more

Use the American Lung Association's **My COPD Action and Management Plan** to help keep your COPD symptoms under control: [lung.org/lung-health-diseases/lung-disease-lookup/copd/living-with-copd/copd-management-tools](https://lung.org/lung-health-diseases/lung-disease-lookup/copd/living-with-copd/copd-management-tools)



This material was developed by PANDEMIC (Program to Alleviate National Disparities in Ethnic and Minority Immunizations in the Community) with the support of CDC Cooperative Agreement CDC-RFA-IP21-2113-NU21IP000597; published January 2024. The contents are those of the authors and do not represent official views of, or an endorsement by, the Centers for Disease Control and Prevention (CDC), Health and Human Services (HHS), or the U.S Government.

