



WORLD ALLERGY WEEK 2020
28 JUNE - 4 JULY

Understanding COVID-19



COVID-19 Pandemic

COVID-19, short for “coronavirus disease 2019”, is a disease spreading around the world caused by infection with a new strain of coronavirus (SARS-CoV-2). Patients with symptoms are very contagious, but even those with mild or no symptoms can still infect others. A vaccine against COVID-19 is not yet available. SARS-CoV-2 mostly spreads from person to person through droplets suspended in the air when an infected person coughs or sneezes.



Diagnosing COVID-19

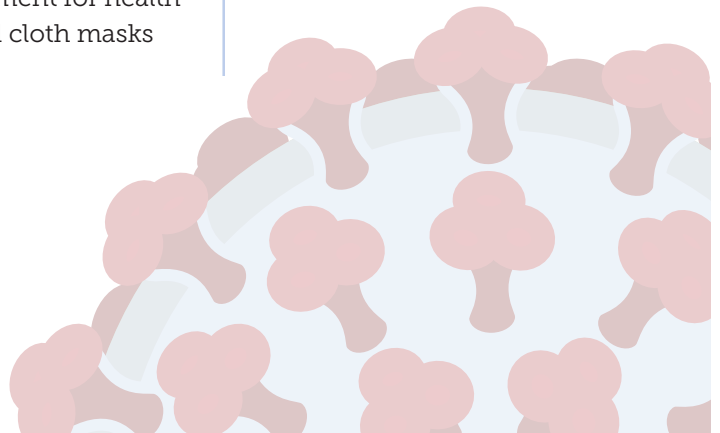
The diagnosis of COVID-19 is made by finding SARS-CoV-2 virus in samples taken from swabbing the nose or throat, or more recently from saliva. Because of transmission through droplets, the best way to reduce spread is to keep people physically distanced, test widely, and use personal protective equipment for health care workers and cloth masks for the public.



Children and COVID-19

Children get SARS-CoV-2 infection but a much milder disease generally. Children can still pass on infection to others even when they seem completely well. The elderly and people of all ages with severe chronic conditions seem to be at higher risk of developing serious COVID-19.

Disclaimer: Do not consider this information to be medical advice. Consult your physician about COVID-19 as well as allergic disease, asthma, or any health matters. This information is current as of 29 May 2020. Stay updated, because experts are still learning about SARS-CoV-2 and COVID-19.



Your allergies and health care needs during COVID-19



- ✔ Always take care of your allergies and asthma – with or without a pandemic.
- ✔ Symptom similarity between allergies and COVID-19 can be confusing. Your allergist will help identify the differences.
- ✔ While remembering to avoid COVID-19, also remember to avoid your allergens.
- ✔ Do not stop your prescribed allergy or asthma medications.
- ✔ Controlling your allergy could help you better defend yourself against the virus.
- ✔ Ease your anxieties about your healthcare during a pandemic by staying in contact with your allergist. Ask for clear, up-to-date information about COVID-19 and ways it might affect your allergies or asthma.
- ✔ Get the care you need while limiting exposure to the virus, such as consultations by telephone or Internet for non-emergencies
- ✔ If you do need to seek health care in person, remember to maintain social distance, wear a mask, and wash hands frequently and thoroughly. Avoid touching high-use surfaces in public spaces.
- ✔ Inform your doctors of any changes in your health status.
- ✔ If infected with COVID-19, your allergy care might change. Ask your allergist for an assessment.

COVID-19 Resources

World Health Organization (WHO).

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

World Health Organization (WHO). WHO statement: Tobacco use and COVID-19. May 11, 2020.

<https://www.who.int/news-room/detail/11-05-2020-who-statement-tobacco-use-and-covid-19>

U.S. Centers for Disease Control and Infection.

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

Mayo Clinic.

<https://www.mayoclinic.org/coronavirus-covid-19/public-guidance>

CDC Apple Screening Tool. About COVID-19.

<https://www.apple.com/covid19>

Also check the websites of your state, county, and city health departments.

Refer to: World Allergy Week 2020 "General Information" at www.WorldAllergyWeek.org

World Allergy Organization (WAO) | June 2020



WORLD ALLERGY ORGANIZATION

A World Federation of Allergy, Asthma & Clinical Immunology Societies