



A Partnership in Caring

Family Allergy & Asthma Consultants, P.A.

Infants, Children & Adults

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Practice limited to allergic disease
asthma & clinical immunology
Children and Adults

COVID-19 and our Asthma, Allergy and Immune Deficiency Patients

Family Allergy and Asthma Consultants Statement:

The recent pandemic outbreak of Coronavirus has created much uncertainty and anxiety among many of our patients. Elderly patients, as well as patients with severe asthma, immunodeficiency and other chronic conditions where their immune system may be compromised, are most susceptible to worse outcomes from viral infections in general, and similarly for Coronavirus.

We are strongly advising all of our patients, especially those with asthma, to remain on their medications. Specifically, asthma patients taking inhaled corticosteroids (Qvar, Flovent, Asmanex, Pulmicort, Dulera, Symbicort, Advair, Breo for example) should be advised to continue these medications as they have been shown to prevent or reduce asthma exacerbations in part by reducing and modulating airway inflammation associated with viral infections.

We will be intensively phone prescreening acute visits to determine if patients have had fever for the past several weeks, potential exposure to COVID-19, or a new onset cough within the last 14 days. Our patients may then be effectively triaged before arriving at the office or even referred to an acute care clinic, emergency room or a local facility set up to handle potential COVID-19 exposed patients while protecting other patients and staff in the office from the virus. We have a telehealth system up and running as well and would be able to use this as appropriate.

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To date over 80% of cases are mild and self-limited, manifesting as fever, cough and shortness of breath. For now, we should remain calm and prudent on how we advise our patients.

For patients with severe asthma currently on a biologic therapy, there is no information at this time that these treatments should be stopped. These severe asthma patients are at an increased risk to COVID-19 infection and optimal control of their chronic condition is of utmost importance. Thus at this time we recommend that this treatment be continued.

We also take care of patients with primary immune deficiencies (PID). At this point there is currently no data pointing to whether PID patients are actually at higher risk of infection from COVID-19. However, it is believed that PID patients might be at higher risk for a more severe course of the disease if the infection is acquired. Thus, patients with PID need to take appropriate care (as always) to prevent from getting this infection.

From Chinese data recently published in the Journal of the American Medical Association, the mortality rate seen:

- Under 60 years of age (less than 1%)
- 60-69 years of age (3.5%)
- 70-79 years of age (8%)
- Over 80 years of age (15%)

Below are some reasonable recommendations for all of our patients but in particular our asthma/immune deficient ones:

1. Avoid close contact (6 feet) with people who are sick.
2. Avoid touching your eyes, nose, and mouth.
3. Wash your hands often with soap and water for at least 20 seconds.
4. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
5. Use tissues to cover coughs and sneezes, then discard tissue in the trash.
6. Clean/disinfect frequently touched objects and surfaces.
7. IF YOU ARE SICK, STAY AT HOME!

For up-to-date information about the Coronavirus pandemic visit the [CDC's coronavirus website](#).