

# The Allergy & Asthma Clinic

[www.TheAllergyClinic.com](http://www.TheAllergyClinic.com)

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Newsletter

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## COVID-19 After the Pandemic for Patients with Allergies and Asthma

As we have all learned, the recent COVID-19 pandemic has severely impacted our country's healthcare system, economy, numerous aspects of our country's infrastructure and our own lives. Over the next few weeks, we are hopeful that the COVID-19 infection will be contained. During this time, we encourage our patients to take proactive steps to make sure they are doing everything possible to stay healthy.

When Shelter in Place has been lifted, we hope to eventually resume our previous office hours to accommodate our patients. The new guidelines recommend a gradual transition and we will continue to coordinate with local and state public health officials to make sure that all recommendations are followed. As the situation stabilizes, it is important that we gradually resume chronic disease care and ultimately, preventative care. During this time, for the safety of our patients and staff, we will continue to screen for potential COVID-19 infections and we will continue to keep aggressive hygienic practices in place.

While we are still under our current restrictions, please take the time to review your medical records, keeping the following issues in mind:

If you have not been seen in the office for at least 12 months, please make an appointment with one of our health care providers to review your allergy and asthma treatment plan. During this visit, we will review your medications and make sure adequate refills are available. A number of our patients have utilized telemedicine services and we will continue to have this option available to our patients.

If you are on any preventative inhalers or biologics for the treatment of asthma and other respiratory diseases, please call the office to schedule an office visit for a spirometry and/or other pulmonary function studies. During this visit, we can review your current

“emergency treatment plan” to help make sure everything is in place, in the event you experience flare-ups in the future. We want to do everything possible to keep all patients out of the emergency rooms whenever possible.

If you had been receiving allergy injection immunotherapy but have halted this treatment for any reason, such as the Shelter in Place order, or if you have had your treatment schedule disrupted, please contact our office so we can get you restarted. Remember, it may be necessary to formulate new antigen vials for you if your current vials have expired or if your dosing needs a significant adjustment, so please contact us before you come in so we can make sure everything is ready for you before you arrive in the office.



While your own personal health is our utmost priority, this pandemic has also taught us the importance of keeping everyone at home in good health, especially the elderly and those with pre-existing medical conditions. Those with children should also make sure that current health recommendations are being followed. Often times, poorly controlled allergies can predispose individuals to respiratory illnesses and if you believe that your loved ones have allergies that are not under adequate control, call our office and we will do our best to diagnose the problem, formulate a safe and effective treatment plan and keep them feeling their best.