

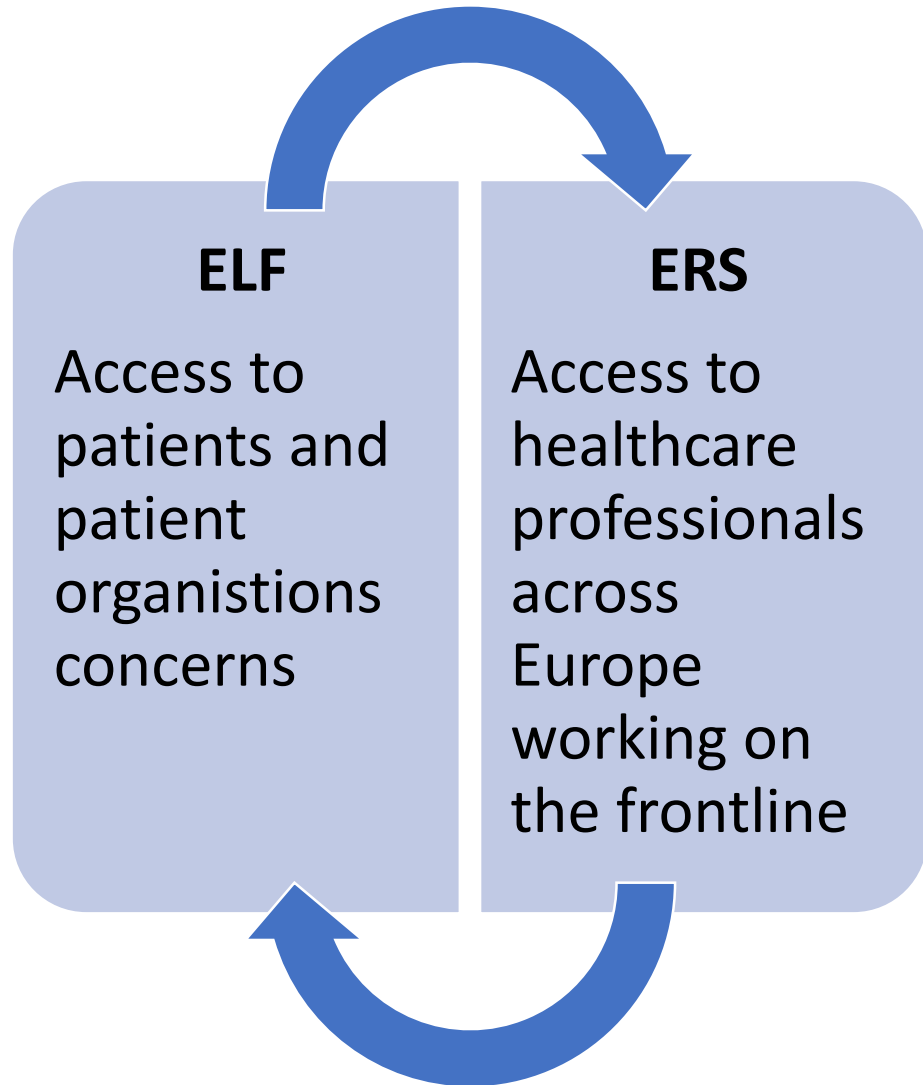


Protection of people with underlying lung conditions

EU Health Policy Platform – ELF Chair-Elect Kjeld Hansen

“Bringing together patients and the public with respiratory professionals to positively influence lung health”

Advantages of ELF/ERS relationship



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THE SUNDAY TIMES

NOT GOING OUT

YOUR SURVIVAL GUIDE TO SELF-ISOLATION

THE BEST PODCASTS, FILMS, SERIES, BOOKS, STREAMING AND RADIO CULTURE

GET THE SUNDAY TIMES ON YOUR DOORSTEP

FREE HOME DELIVERY FOR 12 WEEKS

SEE OFFER ON PAGE 22

Stay home alone to save your life, 1.5m warned

GPs send letters to those most at risk as Johnson enlists 20,000 private hospital staff

The epidemic, Andrew Gregory and Jonathan Leman

More than a million people must stay at home for the next several weeks to help to contain the virus, the government has warned. The message is being sent to the most vulnerable people, including those with long-term health conditions, the elderly and those with underlying health problems.

Some 1.5 million people are being urged to stay at home, including those with long-term health conditions, the elderly and those with underlying health problems.

People with severe long-term health conditions, including cancer and respiratory disease, and those aged 70 and over, are being urged to stay at home for the next 12 weeks.

The same goes for those with long-term health conditions, including cancer and respiratory disease, and those aged 70 and over.

The government has also urged people to avoid public places, such as shops, restaurants, and public transport.

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NEWSMAN'S VIEW

HOW MANY OF US ARE IN THE BEST PLACE AT THE MOMENT?

It is a question that has been asked many times in the past few weeks. The answer, however, is not as simple as it seems. The current situation is a complex one, and the government's response has been a mix of pragmatism and idealism.

On the one hand, the government has taken a bold step by asking people to stay at home. This is a move that has been praised by many, as it is the only way to prevent the virus from spreading. On the other hand, the government has also taken a number of steps to support people who are struggling to stay at home.

These steps include providing financial support to businesses, providing financial support to people who are struggling to pay their bills, and providing financial support to people who are struggling to pay their rent.

The government's response has been a mix of pragmatism and idealism. It has taken a bold step by asking people to stay at home, but it has also taken a number of steps to support people who are struggling to stay at home.



David Cross goes to lower his pulse in the spring sunshine in Melcham Church, Leicestershire.

Even in wartime, nobody dared to do this



DAVID SMITH

What would you do if your country was at war? The answer, of course, is to fight. But what if you were a doctor? The answer, of course, is to treat the wounded. But what if you were a doctor and your country was at war? The answer, of course, is to treat the wounded.

David Smith is a doctor who has spent his entire career in the military. He has seen some of the most terrible things that a doctor can see. He has seen people who have been injured in the most horrific ways. He has seen people who have been killed in the most brutal ways.

But he has also seen people who have been treated in the most amazing ways. He has seen people who have been brought back from the brink of death. He has seen people who have been given a second chance at life.

David Smith is a doctor who has seen it all. He has seen the best and the worst of humanity. He has seen the courage and the heroism of our soldiers. He has seen the compassion and the kindness of our nurses. He has seen the strength and the resilience of our patients.

Exposed: the doctor who got £2.5m in a week from 'virus tests'

INSIGHT

A private doctor has made £2.5m in two weeks by performing coronavirus tests on people who are not eligible for them. The doctor, who is based in London, has been accused of performing tests on people who are not eligible for them.

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Mo Farah caught up in doping inquiry row

BEST PLACES TO LIVE 2020

THE 10 MOST DESIRABLE PLACES TO LIVE IN THE UK

1. London
2. Manchester
3. Birmingham
4. Liverpool
5. Glasgow
6. Cardiff
7. Belfast
8. Edinburgh
9. Newcastle
10. Nottingham

SPORT

Mo Farah has been caught up in a doping inquiry row. The Ethiopian runner has been accused of using performance-enhancing drugs. The inquiry is ongoing and Farah has denied the allegations.

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EL PAÍS



Materia

LA CRISIS DEL CORONAVIRUS >

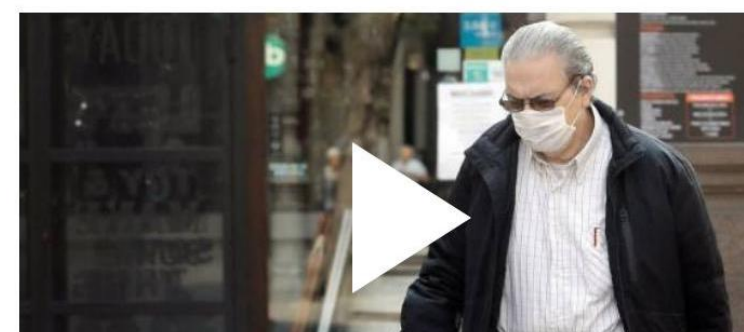
Por qué el coronavirus es más peligroso para los ancianos

La forma en la que envejece el sistema inmunitario es la razón por la que el virus se ceba especialmente en los mayores de 70 años

The immune system of older people is weaker than that of younger people. This is because the immune system naturally weakens as we age. This is why older people are more susceptible to infections and diseases.

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What does this mean for people with lung conditions?



“... my rights as a citizen are not protected as part of the vulnerable population to the coronavirus epidemic, as I have a respiratory pre-existing condition. To calm the general public, politicians state that people should not be alarmed because the virus is only fatal to the elderly and patients with pre-existing conditions. This statement is very concerning for the vulnerable population... We have been left behind and addressed as if we are expendable because the majority of the population will survive... **It is not fair to ask any person to take this risk with no protection and gracefully accept getting ill or die because of being part of a minority.**”

1. Reiterating official health advice (governments, WHO, ECDC)

2. Providing reassuring information (practical advice, handwashing)

3. Getting patient questions answered by professionals

1. Reiterating official health advice

31.03.2020

COVID-19 – YOUR QUESTIONS ANSWERED BY A RESPIRATORY EXPERT

We took your questions and spoke with an infectious diseases expert from the European Respiratory Society (ERS), Professor James Chalmers [1] and intensive care specialist, Professor Leo Heunks. This will give you up-to-date and respiratory-specific information about COVID-19. If you have any other respiratory health questions relating to the outbreak please get in touch info@europeanlung.org



In many cases, the advice for people with lung conditions is the same regardless of condition. Because of this, unless the question clearly states a specific disease, the advice applies to multiple conditions.

Summary of advice for people with lung conditions

- Ensure you have enough supplies in the house for a few weeks, in case you become unwell or need to self-isolate. This includes food, medications and household items.
- Keep away from others who are sick, both when inside and outside, and ask anyone who has symptoms not to visit.
- Avoid crowds or large gatherings.
- Avoid cruise travel and non-essential air travel.
- Practice regular hand hygiene by washing with warm water and soap for 20 seconds at a time.
- Do not touch your mouth, nose and eyes with unwashed hands.
- Keep up with your regular treatments.
- If COVID-19 levels are high in your locality, stay at home as much as possible.

2. Providing reassuring information

**Even if you have an
underlying condition you are
still likely to get mild
symptoms**



3. Answering >400 questions from patients



- Am I more likely to get COVID-19? Will a healthy person receive better treatment?
- Am I more likely to die from COVID-19?
- How can I tell COVID symptoms compared to my normal symptoms?
- Will my normal treatment protect me from COVID-19?
- Can I catch COVID-19 from my asthma inhaler? Should I stop taking steroids for my asthma?
- Should I stay in / should I wear a mask?
- I can't afford not to work but should I stop for my health?

Asthma:

Are people with asthma more likely to experience severe complications and require ventilation?

So far, we do not have any evidence that asthma patients are having severe complications with COVID-19. In the UK, the first report of intensive care unit admitted patients was released in mid-March and of 196 patients, only three had severe underlying lung conditions. This is lower than we would expect and suggests that most of the people being admitted with severe complications are not currently patients with lung conditions.

Are people with asthma who have had COVID-19 recovering?

Yes. So far there have been very few cases of severe COVID-19 infections in people with asthma and those that have been infected are recovering.

I have asthma and use my preventer inhaler. I know this has steroids and I've been told that this can make COVID-19 symptoms worse. What should I do?

What you have been told is wrong. Patients with asthma should never stop taking their preventer inhaler unless asked to do so by a medical professional. Stopping your steroid inhaler could put you at higher risk of complications with COVID-19 due to making your asthma worse. There is currently no reason to think that steroids make COVID-19 worse and research from China suggests steroids may make COVID-19 less severe. A UK trial is currently testing whether steroids work as a treatment here.

Are patients who are using anti-IL5 treatments or similar, that reduce eosinophils, at higher risk? Should they stop or modify dosages?

Do not stop or modify any of your asthma medications because of concern about COVID-19. There is a risk that doing that could make your asthma control worse, causing you to need medical treatment or hospital admission.

Anti-IL-5 should have no effect on the risk of getting COVID-19, and keeping taking it could theoretically reduce the risk of an asthma attack if you were to contract the virus.

Patients still have to live with their lung conditions



- Regular clinic visits not able to take place
- Lung transplants getting cancelled
- Lung cancer treatment not getting started
- Less staff available when someone has an asthma attack
- Risk of infection if a patient needs to go to hospital
- Patients not able to receive treatment for other conditions
- Exercise is important to manage many lung conditions but many patients fear leaving the house

Q and A resource for people with lung conditions



- Q and A on ELF website

<https://www.europeanlung.org/en/QA-covid-19>

- Questions from patients and answered by respiratory professionals
- Available in: French, German, Italian, Spanish, Polish, Russian, Turkish, Portuguese, Greek, Persian
- Updated weekly
- >150,000 visits in 2 weeks

www.europeanlung.org / [@europeanlung](https://twitter.com/europeanlung)
Kjeld.Hansen@europeanlung.org

The screenshot shows the ELF website interface. At the top, there is a navigation bar with the ELF logo and the text 'EUROPEAN LUNG FOUNDATION'. A search bar and a 'DONATE' button are also visible. Below the navigation bar, there is a main banner for 'COVID-19' with the text 'YOUR QUESTIONS ANSWERED BY A RESPIRATORY EXPERT' and a 'FIND OUT MORE' button. The banner features an image of a woman sitting on a bed, looking thoughtful. Below the banner, there is a 'GET INVOLVED' button and a section for the 'EPAP' (European Patient Ambassador Programme) with the text 'Do you or does someone you care for have a chronic condition? Develop the skills and knowledge you may need to represent yourself or others through the European Patient Ambassador Programme.' At the bottom, there are four featured articles with images and titles: 'COVID-19', 'PATIENT ORGANISATIONS', 'AIR TRAVEL', and 'GET INVOLVED'.



ERS

**Other information and resources available from the
European Respiratory Society**

COVID-19: information and resources



COMMUNITY FORUM

A dedicated space for ERS members and the wider healthcare community to connect, discuss and share your experiences of COVID-19. Sign in with your myERS details and join a discussion.

[JOIN THE DISCUSSION](#)



IN THE LINE OF DUTY

Healthcare workers on the front lines share their stories of treating and managing COVID-19.

[MORE](#)



WEBINARS

Expert-led webinars that provide updates on the management of COVID-19 in China, clinical consequences, epidemiology and research potential.

[MORE](#)

COVID-19: information and resources



PUBLICATIONS

The latest articles from ERS publications on SARS-CoV-2 and COVID-19. All articles are available via open access.

[MORE](#)



RESEARCH SUMMARIES

ERS Respiratory Digests provide summaries of new and significant research, including important early COVID-19 publications.

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