

## COPD and COVID-19

Living with a diagnosis of Chronic Obstructive Pulmonary Disease (COPD) can be a challenge, and living with COPD during a pandemic can be extremely unsettling. Having COPD, including emphysema and chronic bronchitis, can increase your risk of complications from COVID-19 (novel coronavirus). The Centers for Disease Control and the American Lung Association provide suggestions that can be helpful when trying to stay as healthy as possible with COPD during a pandemic.

- > Follow guidelines as much as possible to help avoid illness, such as staying home, maintaining a social distance of six feet, wearing a face mask, and washing your hands. With the rollout of the new vaccines, it is also important to communicate with your healthcare provider and decide if the vaccine is right for you.
- > Make sure you take your medications as instructed by your healthcare provider because maintaining control of your COPD is extremely important right now. Try to maintain a 30-day supply of your medications. If you need a prescription refill, call Member Services to see if mail-order options are covered.
- > Avoid triggers that can make your symptoms worse. If you should have an exacerbation of your COPD, don't delay getting medical care. Untreated COPD complications can be serious. Call your healthcare provider if you think you may have been exposed to COVID-19, are experiencing symptoms that may require treatment, or have any other questions.

If you don't have a healthcare provider, call the SelectHealth Member Advocates® team at **800-515-2220**. They can help you find a new provider as well as schedule an appointment for you.

*References: 1. "Maintaining Control of COPD During the COVID-19 Pandemic." American Lung Association, Aug. 11, 2020, [www.lung.org/blog/control-copd-during-covid-19-pandemic](http://www.lung.org/blog/control-copd-during-covid-19-pandemic). 2. "Certain Medical Conditions and Risk for Severe COVID-19 Illness." Centers for Disease Control and Prevention, 29 Dec. 2020, [www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html#copd](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html#copd).*



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# 6 STEPS for Safe and Effective Disinfectant Use

**1 CHECK THAT YOUR PRODUCT IS APPROVED BY THE ENVIRONMENTAL PROTECTION AGENCY (EPA)** Find the EPA registration number on the product. Then, check to see if it is on the EPA's list of approved disinfectants by visiting [epa.gov/listn](https://www.epa.gov/listn).



**2 READ THE DIRECTIONS** Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."

**3 PRE-CLEAN THE SURFACE** Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.



**4 FOLLOW THE CONTACT TIME** You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

**5 WEAR GLOVES AND WASH YOUR HANDS** For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19 (novel coronavirus). Wash your hands after removing the gloves.



**6 LOCK IT UP** Keep lids tightly closed and store out of reach of children.



Reference: "6 Steps for Safe & Effective Disinfectant Use." United States Environmental Protection Agency, 2020, [www.epa.gov/sites/production/files/2020-04/documents/disinfectants-onepager.pdf](https://www.epa.gov/sites/production/files/2020-04/documents/disinfectants-onepager.pdf).

## Electronic Cigarettes and Vaping

Some people think e-cigarettes are a safe way to help you quit smoking, but nothing could be further from the truth. The term e-cigarette covers a broad range of devices, including Electronic Nicotine Delivery Systems (ENDS), vapes, Juuls, dabs, or e-juice.

### HOW THEY WORK

When the chemicals are heated by a battery in the e-cigarette, they create a vapor or aerosol that's inhaled. (This is why users call it "vaping.") Recent problems have arisen from other substances that are vaped in the e-cigarette, including methamphetamines, THC, and marijuana.

### WHAT ARE THE RISKS?

E-cigarettes may not contain tobacco, but they do contain nicotine—the main, highly addictive chemical in tobacco.

Studies show that adults who use e-cigarettes as a tool to quit smoking are actually more likely to increase nicotine use. E-cigarettes can trigger the desire to smoke and increase use in both products. This can actually increase dependence on nicotine products.

**WILL THESE PRODUCTS HELP ME QUIT?**

**ARE THESE PRODUCTS SAFE TO USE?**

**IS THE VAPOR SAFE TO INHALE?**

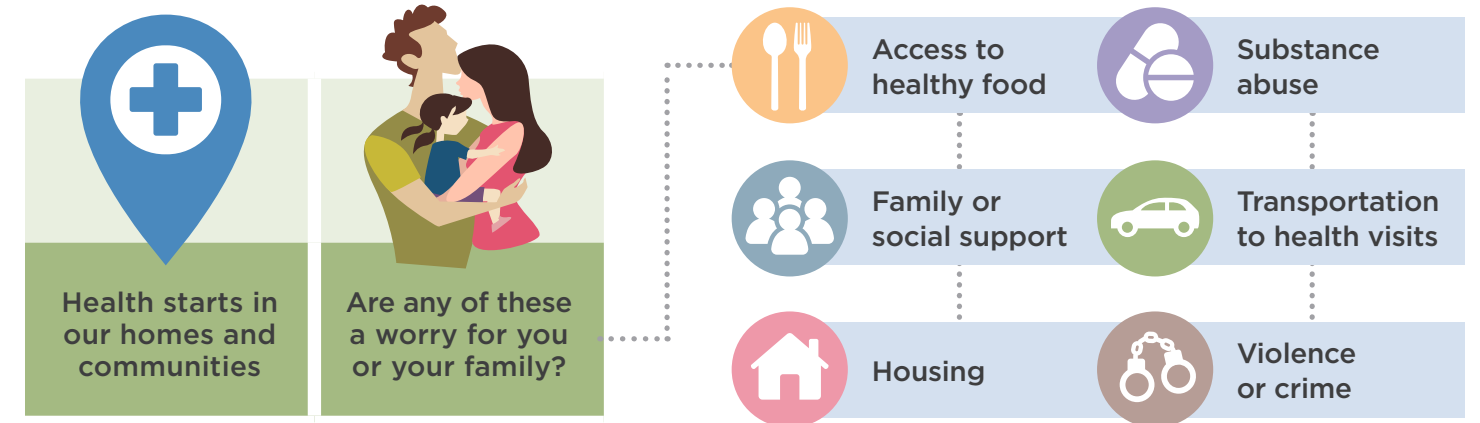
**NO!**



Because nicotine and the chemicals in e-cigarettes cause changes in your blood vessels, they cause additional harm to people with diabetes, cardiovascular disease, and COPD. They can also cause problems with brain development in people under the age of 25, as well as addiction to nicotine, acute serious lung problems, and other health problems.

Reference: Intermountain Healthcare. "Quitting Tobacco." 2021. PDF file.

## LIFE ISN'T ALWAYS EASY—WE'RE HERE TO HELP



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Part of helping you live the healthiest life possible is protecting you from disease and illness whenever possible.

**The COVID-19 vaccine is covered  
100% on all SelectHealth® plans.**

**QUESTIONS?**

Please visit [selecthealth.org/who-we-are/covid-19-coverage](https://selecthealth.org/who-we-are/covid-19-coverage) or call Member Services at **800-538-5038** if you have any questions regarding COVID-19 coverage information.