



MANAGING CHILDHOOD ALLERGIES AND IMMUNODEFICIENCIES DURING RESPIRATORY VIRUS EPIDEMICS – THE 2020 COVID-19 PANDEMIC

A STATEMENT FROM THE EAACI-SECTION ON PEDIATRICS

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TÉNYEKEN ALAPULÓ JAVASLATOK ALLERGIÁS ÉS IMMUNHIÁNYOS GYERMEK BETEGEK KEZELÉSÉRE, A COVID -19 JÁRVÁNY ALATT

1. tény: A gyermekek esetében alacsonyabb a COVID-19 fertőzés kockázata, azonban társbetegségeiket figyelemmel kell kísérni.

Recommendation: Pediatric allergists should seek to gain the best control of current allergic symptoms and instruct patients on current recommendations for hygiene and social distancing to reduce the risk of COVID-19 infection.

2. tény: Ha lehetséges, csökkentse vagy távolítsa el a kockázati tényezőket.

Recommendation: Uncontrolled asthma is classified as a risk factor, thus Pediatric allergists should aim for optimal asthma control. In some countries shielding (home isolation for up to 12 weeks) is recommended for patients with severe asthma but this method cannot be universally applied and each case should be approached on individual basis.

3. tény: A szezonális allergia kezdeti tünetei félrevezetőek lehetnek, mivel hasonlóak lehetnek az enyhe influenzaszerű fertőzésnél észleltekhöz.

Recommendation: Pediatric allergists must be aware of this and not be over-suspicious of and yet should not miss COVID-19 in allergic patients.

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4. tény: Kezelje allergiás betegeit a szokásos útmutatások szerint.

Recommendation: Pediatric allergists should treat patients with allergic asthma, allergic rhinitis or other allergy conditions according to usual guidelines, without restricting the use of any specific medication. One exception to this is the advice to withhold biologics during acute COVID19 disease. The Global Initiative For Asthma (GINA) recommends avoiding the use of nebulisers for asthma attacks due to the increased risk of disseminating COVID-19 (to other patients and to physicians, nurses and other personnel), thus pressurized metered dose inhaler (pMDI) via a spacer is the preferred treatment during severe attacks.

5. tény: A jelenlegi ismeretek folyamatosan fejlődhetnek, ezzel együtt az iránymutatások változhatnak.

Recommendation: Allergists should be flexible and open to the progress of science, as current recommendations might be revised accordingly.

6. Az immunhiányos betegek esetén megnövekedik légzőszervi fertőzések kialakulásának kockázata

Recommendation: Representing a potential at-risk-group, patients with immunodeficiency are recommended to strictly follow national precaution recommendations to reduce the risk of infection. To avoid disease exacerbations, patients should stay on their regular medication for their underlying disease as well as its complications, including autoimmune, allergic and other symptoms.

