

Nebulization in the COVID-19 Era

What You Need to Know

FOR CLINICIANS

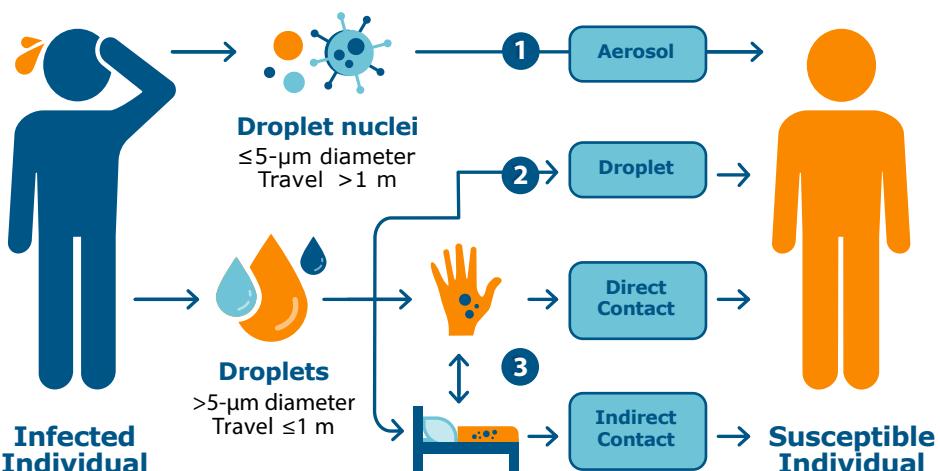


VIRAL TRANSMISSION OF RESPIRATORY PATHOGENS

Respiratory viruses—including SARS-CoV-2—spread by three major routes:

- 1 Aerosols
- 2 Droplets
- 3 Contact, direct (skin to skin) or indirect (fomites or surfaces)

Overview of Viral Transmission



Transmission by air is complex and involves multiple factors:



Environmental conditions

Humidity, temperature, air flow, ventilation, indoor vs outdoor



Method of generating aerosols

Breathing quietly vs vocal projection (shouting, singing)



Social Distancing



Use of proper personal protective equipment (PPE)

By both infectious and uninfected people

AEROSOL-GENERATING PROCEDURES



Aerosol-generating procedures = any medical procedure performed on a patient that can induce production of aerosols and droplet nuclei

To learn more, go to chestfoundation.org/covid

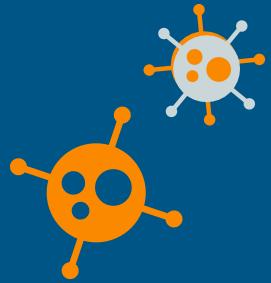
What you see coming out of the nebulizer is medicine, not infectious aerosol!

Aerosols generated by nebulizers are derived from medication in the nebulizer, according to the CDC.



The importance of PPE is evidence based.

The lack of appropriate PPE use makes it difficult to determine the risk of infection from nebulization



PROPER USE OF INHALED THERAPIES

Using inhaled therapies, including nebulization, correctly helps reduce the need for hospital visits, which

- Reduces the potential for exposure to uninfected individuals.
- Reduces the burden on hospital systems.

All inhalation medicines have the potential to generate cough. Always sneeze or cough into your arm or sleeve.

Wash hands and use proper hygiene. Clean nebulizers per instructions and follow CDC guidelines.

Inhaled therapy helps patients. Regardless of type, proper use is best for disease management.

To learn more, go to chestfoundation.org/copd