

Nebulizer Treatments at School: Do's and Don'ts

Students with asthma should use an inhaler with a spacer instead of nebulizer treatments whenever possible during the COVID-19 pandemic. Nebulizer treatments at school should be reserved for children who cannot use or do not have access to an inhaler.



Do's

- ✓ Refer to the student's Asthma Action Plan
- ✓ Wash your hands before and after administering the treatment or use hand sanitizer
- ✓ Wear personal protective equipment (PPE): gloves, surgical face mask, gown, and eye protection
- ✓ If the student is a suspected or confirmed COVID-19 case, PPE should include: N95 or higher-level respirator, eye protection, gloves, and a gown
- ✓ Review how to don, use, doff, and properly dispose of used PPE
- ✓ Limit the number of people in the room to the student and the staff member administering the treatment
- ✓ Leave the room if the student is able to self-administer
- ✓ Clean and disinfect the equipment and room after the treatment

Don'ts

- × Use a peak flow meter
- × Allow other students or staff in the room while the treatment is taking place
- × Touch the front of your face mask during or after treatment
- × Use bleach-based cleaning products. This can exacerbate asthma-related symptoms.

**This information is based on available recommendations at this time and is subject to change as additional information about COVID-19 becomes available.*

Sources: Centers for Disease Control and Prevention, Asthma and Allergy Network