



**Long-Term Care Interim Guidance**  
**10/19/2021 (subject to change)**  
**General Principles for Nebulizer Treatments**

- Consult a healthcare provider to determine if metered-dose inhalers with spacer chambers are viable options for therapy instead of nebulizers.
  - If inhalers are not viable and nebulizers are the only option available, the following procedures (listed below) should be followed for nebulizer treatments.
- Improve room ventilation and reduce air particles in the room.
  - Crack a window during the treatment allowing air to circulate and reduce droplet particles
  - Place a fan in the window. The fan should blow towards the outside (backward). The fan should run during the nebulizer treatment and for an additional 10 minutes post-procedure.
- Determine if a resident can hold or self-administer the nebulizer.
  - If the resident cannot hold the nebulizer, healthcare staff must administer and wear full PPE required for Droplet and Contact Precautions—fit-tested N95, eye protection (goggles, or face shield), gown, and gloves while in the resident’s room.

**Guidance for Nebulizer Treatments for residents with confirmed or suspected COVID-19**

**Administering nebulizer treatments:**

1. Ideally, the resident should be in a single room. If no single rooms are available, roommate(s) should be removed from the room if possible before administering the nebulizer treatment to the resident. If unable to move the roommate, the curtain must be drawn between residents.
2. HCP working on the designated COVID-19 unit must perform hand hygiene and don at a minimum a fit-tested N95 respirator and eye protection before entering the COVID-19 unit
3. Gather supplies necessary for a nebulizer treatment. Perform hand hygiene
4. Prepare nebulizer treatment. Perform hand hygiene
5. HCP should already be wearing an N95 respirator and eye protection
6. Don an isolation gown (launderable or disposable) and gloves before entering the resident room. Close the door after entering the room.
7. Draw the curtain around the resident
8. Open or crack a window (even a small amount will help circulate air) or place a fan in the window and run it during the treatment. The fan should be facing or blowing outwards.
9. If the resident can hold and self-administer the nebulizer treatment, HCW may exit the room during the treatment
10. Upon exit of the room, remove gloves and discard
11. Remove isolation gown and discard or place the gown in the laundry (if applicable)
12. Follow facility policy if eye protection and N95 respirators are being worn as extended use or reuse
13. Exit room and close the door. Perform hand hygiene

**Post nebulizer treatment**

1. Perform hand hygiene
2. Don (put on) an N95 respirator, eye protection, gown, and gloves. Enter room and close door.
3. Dispose of or put away treatment supplies



4. Disinfect all surfaces with EPA registered List N disinfectants
5. Leave the window cracked or the fan running for an additional 10 minutes post-procedure
6. Upon exit of the room, remove gloves and discard
7. Remove isolation gown and discard or place the gown in the laundry (if applicable)
8. Follow facility policy if eye protection and N95 respirators are being used as extended use or reuse
9. Exit room and close the door. Perform hand hygiene

**Guidance for Nebulizer treatments for asymptomatic residents who are Not Suspected to have COVID-19 (regardless of the resident's vaccination status)**

1. Follow the same procedures listed above for the administration and post-treatment of nebulizers. PPE requirements are based upon the community transmission levels of COVID-19.
2. In areas with **substantial to high community transmission levels:**
  - At a minimum, HCP must wear N95 and eye protection.
  - Gown and gloves to be worn per Standard Precautions needs (e.g., resident is coughing, clearing the throat, etc.).
  - N95 and eye protection must be worn for 60 minutes post use of CPAP/BIPAP when in resident room (to allow air contaminants to be removed)
3. In areas with **low to moderate community transmission levels:**
  - At a minimum, HCP must wear a well-fitted face mask.
  - N95 respirators may be worn if HCP prefers to wear a respirator.
  - Gown and gloves to be worn per Standard Precautions needs (e.g., resident is coughing, clearing the throat, etc.)

**References**

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