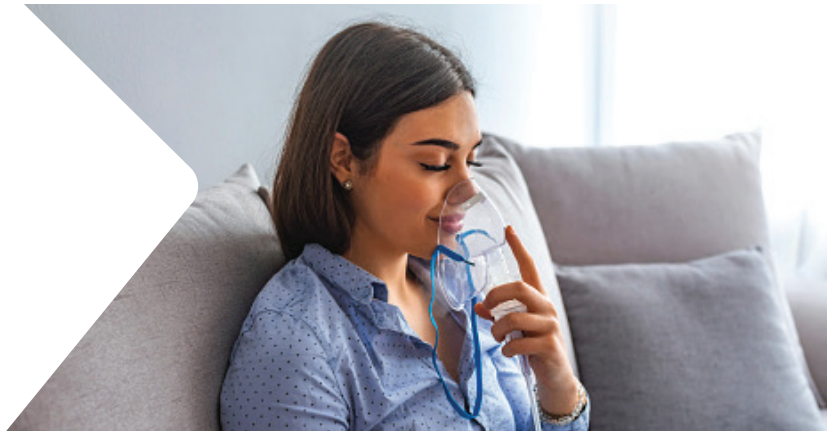
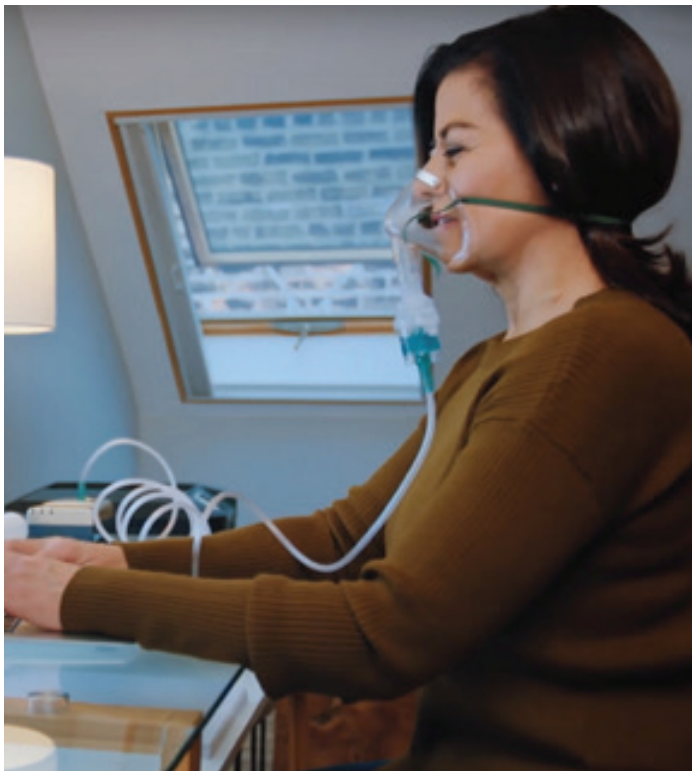


Safely Using Your Nebulizer at Home During the COVID-19 Pandemic

COVID-19 is an infectious respiratory disease—a disease that can spread from one person to another through coughing, sneezing, and droplets in the air. The symptoms can range from mild to severe. While anyone can get COVID-19, individuals with COPD are more at risk for severe disease.

Having your COPD controlled is important during the pandemic. By taking your prescribed inhaled medications, you can:

- breathe easier
- do more of the things you enjoy
- have fewer flare-ups or exacerbations



Continuing Nebulized Therapy at Home

You and your healthcare provider may have determined that a nebulizer is a good choice for getting inhaled medications deep into your lungs. This is where the medication is needed most.

Nebulized therapy continues to be a *safe and effective way* to manage your COPD at home. This is especially true now that all classes of drugs – inhaled steroids, long-acting anticholinergic bronchodilators and long-acting beta-agonist bronchodilators can now be given in a nebulized form.

Follow These Steps if You Have Suspected or Confirmed COVID-19:

- 1. Call your healthcare provider.** They want to know if you have any respiratory symptoms that are new, severe, or concerning to you. They will help you come up with a home treatment plan.
- 2. Stay home and separate yourself from others.** This is known as home isolation. Stay away from other people in your home by dedicating a sick room and use a separate bathroom, if available.
- 3. Seek emergency care if needed.** Most people get better from COVID-19 at home. But if you start having trouble breathing, get emergency care immediately.

Special Considerations for Using Your Nebulizer if You Have COVID-19

Take your nebulized COPD medications as directed. Pay attention to the following:

- Wash your hands before and after your treatment
- Use your nebulizer in an area that limits potential exposure of the aerosolized droplets to other household members, such as:
 - An outdoor area such as a porch or patio
 - A room away from other people. Choose a room where the air is not recirculated and nobody else will enter for 1-2 hours. This ensures the droplets are no longer airborne.
- Clean and disinfect your nebulizer

Financial Support Programs

If you find yourself unable to afford your medications, check out our list of financial support programs on [Lung.org](https://www.lung.org) or contact the Lung HelpLine for assistance. Talk with your doctor. You may find that a nebulized medication is a more affordable than MDIs and other devices.



For more information and support from the American Lung Association, visit [Lung.org/nebulizer](https://www.lung.org/nebulizer) download the **ABCs of Using a Nebulizer** or to view the step-by-step videos **How to Properly Use a Nebulizer** and **How to Properly Clean A Nebulizer**. You can also call the Lung HelpLine at 1-800-LUNGUSA to get free advice from an experienced nurse or respiratory therapist.

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