



Nebulizations and COVID-19

Dear patients and families,

In an effort to keep kids safe and decrease the spread of the coronavirus, or COVID-19, Children's Minnesota is taking steps to reduce the airborne transmission of the virus when at all possible.

The symptoms of the coronavirus are similar to the common cold or flu, including fever, cough and difficulty breathing. Most children recover fully at home, without testing or treatment.

One of the best ways to avoid contact with the virus is by avoiding hospitalization. That's why we recommend washing hands regularly, disinfecting surfaces and providing all home-based therapies as prescribed.

Certain treatments may increase the airborne transmission of the virus, including nebulizer treatments, chest physiotherapy, suctioning, non-invasive BIPAP/CPAP, cough assist device, bronchoscopy, intubation and others. Of course, some of these therapies cannot be avoided. We recommend limiting the exposure of vulnerable family members (the elderly or adults with medical conditions) when children are receiving these procedures.

It is thought that using inhalers instead of nebulizer treatments may decrease the airborne transmission of the coronavirus. Therefore, if you'd like to switch to inhalers for your child, we can help make that change when appropriate. If you feel that your current nebulizer plan is effective, and wish to make no changes, we support that, too.

Our pediatric health care teams are here for you and your family. If you have any questions or concerns, please let us know.