



# County of San Diego

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## **METERED DOSE INHALER OPTION APPROVED DURING THE COVID-19 OUTBREAK**

Best practices for management of the COVID-19 outbreak are dynamic due to the rapidly evolving situation and changing scientific knowledge. Centers for Disease Control and Prevention (CDC) guidance for [EMS providers](#) and [healthcare personnel](#) are continuously updated. All healthcare personnel should review these recommendations regularly.

EMS providers may encounter a known or suspected symptomatic COVID-19 patient. [CDC has recommended EMS providers limit aerosol-generating treatments](#) whenever possible. On March 11, 2020, the County of San Diego EMS Medical Director issued guidance to [avoid aerosol-generating procedures for known or suspected symptomatic COVID-19 patients with respiratory complaints](#). In the interest of provider safety, infection control, and high quality patient care, I am issuing the following guidance:

- Paramedic service providers may immediately institute albuterol metered dose inhalers in lieu of nebulized albuterol.
- MDI albuterol shall be preferred for any patient that is a known or suspected COVID-19 patient.
- MDI albuterol doses may be repeated as needed on standing order.

Agencies are requested to notify County EMS staff as this option is implemented via [MCSDEMSNotifications.hsa@sdcounty.ca.gov](mailto:MCSDEMSNotifications.hsa@sdcounty.ca.gov).

Base hospital consultation is recommended for any patients that may otherwise receive nebulized medications or other respiratory support treatments. Lower flow nasal cannula oxygen (2-4 liters per minute) is considered safe at this time.

Thank you for your continued support and attention to managing this unprecedented event.

Respectfully,

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Emergency Medical Services  
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cc: Nick Yphantides, MD, MPH, Chief Medical Officer  
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