

CPAP AND COVID-19 FAQ'S

Ventilator

A device that pushes air into and out of the lung through tubes that are inserted down a patient's airways. They are used when a patient develops a severe respiratory illness and has trouble breathing on their own.

Continuous Positive Airway Pressure (CPAP)

A device that provides a continuous flow of air at a constant pressure and often prescribed for use by patients diagnosed with obstructive sleep apnea (OSA) to keep the airway open during sleep.

How could a CPAP spread the coronavirus?

- The major issue is how the CPAP connects to the patient.
- Any disruption to the seal around the CPAP face mask could allow pressurized air to escape, spreading aerosolized virus into the surroundings and potentially infecting caregivers, patients, or others who are nearby an infected person wearing the CPAP.

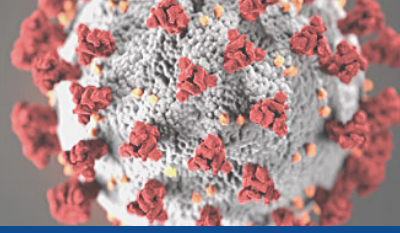


Should I continue using my CPAP during the COVID-19 pandemic?

- People who rely on CPAP for treatment of OSA likely will continue to benefit from using the device.
- It is important to talk to your medical provider before stopping any medical treatments.
- However, given the increased risk of spreading the virus to others while using a CPAP, the safest plan would be to sleep in a separate room from others, even if you don't have any symptoms.

Do I have a Higher Risk of Getting Coronavirus Because I Have Sleep Apnea?

It is unclear if sleep apnea causes you to have a higher risk of getting the coronavirus.



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People at Higher Risk

- People who are aged 65 years old and older.
- People of all ages with underlying medical conditions, particularly if not well controlled, including people with chronic lung disease, who have heart disease, who are immunocompromised, with severe obesity (BMI ≥ 40), with diabetes, with chronic kidney disease undergoing dialysis or with liver disease.
- Those who have a medical disorder, or take a medication, that weakens the immune system.
- Those who have had close contact with another person who has the coronavirus.

Could using CPAP be a risk of developing a more severe case of COVID-19?

- It is unclear if using a CPAP might have any favorable or unfavorable impacts on COVID-19 symptoms.
- However, many people who have OSA are also obese, and CDC lists people with severe obesity (BMI > 40 kg/m²) as being at high risk of developing severe illness from COVID-19.

Distilled water is unavailable in my area. What should I use in my CPAP humidifier?

According to ResMed, “*optimal* humidifier performance requires distilled water. That’s because most or all of its minerals have been removed, preventing mineral buildup in the humidifier tub. That said, tap or bottled water may also be used. It will not harm the device or pose a risk to patients. It will, however, require more rigorous humidifier cleaning to prevent excess mineral buildup in the tub.”

If you are sick with the coronavirus, you should follow current CDC recommendations:

- Stay home except to get medical care.
- Separate yourself from other people in your home.
- Stay in a specific “sick room.”
- Use a separate bathroom, if one is available.
- Call ahead before visiting your doctor.
- Wear a facemask when you are around other people.
- Cover your coughs and sneezes with tissue.
- Wash your hands often with soap and water.
- Avoid sharing dishes, glasses or utensils with others.
- Clean and disinfect frequently touched surfaces in your “sick room” every day.
- Seek medical care if your illness gets worse. (But call your doctor first.)