

# Keeping Others Safe When You Use and Clean CPAP Equipment While You Have COVID-19 (Coronavirus)

## COVID-19 (Coronavirus)

You may feel increased concern or uncertainty about being sick with COVID-19. Your health, safety and recovery are the top priorities of your health care team, today and every day.

The virus is thought to spread from person to person, mainly through respiratory droplets in the air produced when an infected person coughs or sneezes. Use this information to help keep others in your home safe.

## General CPAP Directions

This information is from the American Academy of Sleep Medicine.

### Basic care

- Wash your hands with soap and water before you handle any part of your CPAP.
- Change your filters and accessories according to your user guide.
- Use distilled water in your humidifier.

### Using your CPAP

- It is safe to use your CPAP if you sleep alone in a room.
  - Call your health care provider if you cannot self-isolate or if you are thinking of stopping using your CPAP.

- There is no evidence that using a CPAP will make you sicker when you have COVID-19.
- Wearing a CPAP mask will not give you pneumonia.
- Make sure your nasal pillows or mask fit well. Because there will be air leaks, you could spread the virus to others if they are near you.

## How to Clean Your CPAP Equipment

- Clean your CPAP machine and accessories (tubing, filter and humidifier) every day.
- Wash your hands before and after handling your equipment.
- Clean your mask and accessories with soap and warm water. Let them air dry.
- Empty the humidifier.
  - Once a week, wash the humidifier with soap and water. Rinse well and let it air dry before putting it back on your CPAP unit.
  - Refill it with distilled water before you go to bed.
- Clean the outside of your CPAP with a disinfectant wipe. Note: Most common household disinfectants kill the COVID-19 virus. You do not need a specially approved disinfectant.

Contact the company that makes your CPAP machine if you need cleaning directions.

- Philips at [usa.philips.com](http://usa.philips.com)
  - Type “keeping it clean” in the search box.
  - Click on “Keeping it clean: CPAP hygiene.”
- ResMed at [resmed.com/en-us/sleep-apnea/cpap-parts-support/cleaning-cpap-equipment](http://resmed.com/en-us/sleep-apnea/cpap-parts-support/cleaning-cpap-equipment)

Clean and disinfect the bathroom or your room after cleaning your equipment.

Remove your gloves.

Wash your hands.

## When to Call Your Doctor

Contact your doctor if you:

- feel worse
- have new symptoms
- have questions or concerns about using your CPAP machine.

## COVID-19 Resources

Allina Health Home Oxygen & Equipment at [allinahealth.org/oxygen](http://allinahealth.org/oxygen)

Allina Health at [allinahealth.org/coronavirus](http://allinahealth.org/coronavirus)

American Academy of Sleep Medicine at [aasm.org](http://aasm.org)

Environmental Protection Agency at [epa.gov/coronavirus](http://epa.gov/coronavirus)

The Centers for Disease Control and Prevention at [cdc.gov](http://cdc.gov)

Minnesota Department of Health: [health.state.mn.us](http://health.state.mn.us)

Minnesota Department of Health COVID hotline at 651-201-3920 or 1-800-657-3903 (7 a.m. to 7 p.m.)

**Adapted from the Centers for Disease Control and Prevention and the American Academy of Sleep Medicine.**