

Guidance for using continuous positive airway pressure (CPAP) regarding coronavirus (COVID-19)

There is no specific data about the risks of having obstructive sleep apnoea (OSA) and contracting COVID-19 or if the severity will be worse. Patients with OSA should follow the same government advice that applies to the general community.

Users of Non-Invasive Ventilation should contact your sleep service for any questions or if they have symptoms suggestive of COVID-19.

Advice for using CPAP

- People with OSA should continue to use their CPAP at home as normal.
- There is no evidence that using CPAP makes you more likely to catch COVID-19, and nothing to suggest that CPAP will make you more unwell if you do catch it.
- If a CPAP user becomes unwell with symptoms suggestive of COVID-19, please follow government guidance regarding self and household isolation and call the National Coronavirus helpline on 1800 020 080 or 13HEALTH (13432584) or ring your local GP surgery.
- For more information on testing criteria or common symptoms, visit <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>
- If you have COVID-19 the air escaping from the exhalation port and mask leaks may contain the virus and cause it to spread to family members. This will be something you will need to consider when deciding whether or not to continue using CPAP if you are self-isolating with symptoms of COVID-19. You may wish to distance yourself from vulnerable household members by changing bedrooms or stopping CPAP for a short time.
- Any respiratory infection, particularly with a blocked nose, can make it more difficult to use CPAP. Try and persist, but if wearing CPAP makes you feel worse (e.g. by increasing coughing and disturbing sleep), then stop using it until your respiratory symptoms improve. Sleeping more upright, or on your side, avoiding alcohol and smoking may help as alternatives to CPAP in reducing OSA a little in this period. Your OSA symptoms are likely to worsen over the week but will resolve when you restart CPAP.
- Routine hygiene is adequate for infection control: changing machine filters routinely, cleaning surfaces, cleaning mask and tubing with hand-hot soapy water (washing up liquid) and washing hands regularly.
- If you have COVID-19 and use your CPAP equipment, the virus will not stay alive inside the machine and it will not re-infect you once you have recovered.
- Masks and machines should not be shared.
- Please contact your sleep service for urgent issues. Do not attend in person unless instructed to do so. Please be aware there may be a delay in response as staff may have been moved to emergency services.

If you are admitted to hospital

- Bring your CPAP equipment with you and notify staff, but **DO NOT USE UNLESS INSTRUCTED** as you may need to be moved to a special room prior to use.
- You may be required to use a temporary mask with a filter attached to the vent to prevent the spread of infection.