

Preventing COVID-19 Infection While Using a CPAP Device

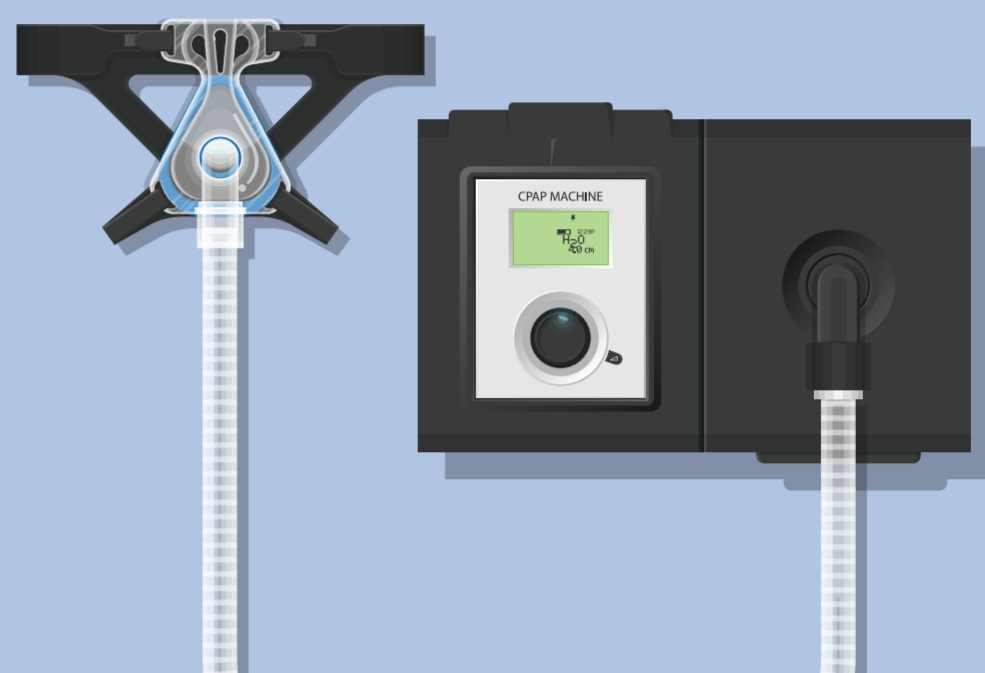


GET PLENTY OF SLEEP

Support the natural circadian rhythm by scheduling at least 30 minutes of time outdoors every day.

MAINTAIN CPAP COMPLIANCE

A study by the National Academy of Medicine shows that utilizing CPAP and BiPAP device may have actually help some patients affected by the symptoms of COVID-19. Sleep apnea treatment will help you stay healthy and decrease the likelihood of developing severe problems.

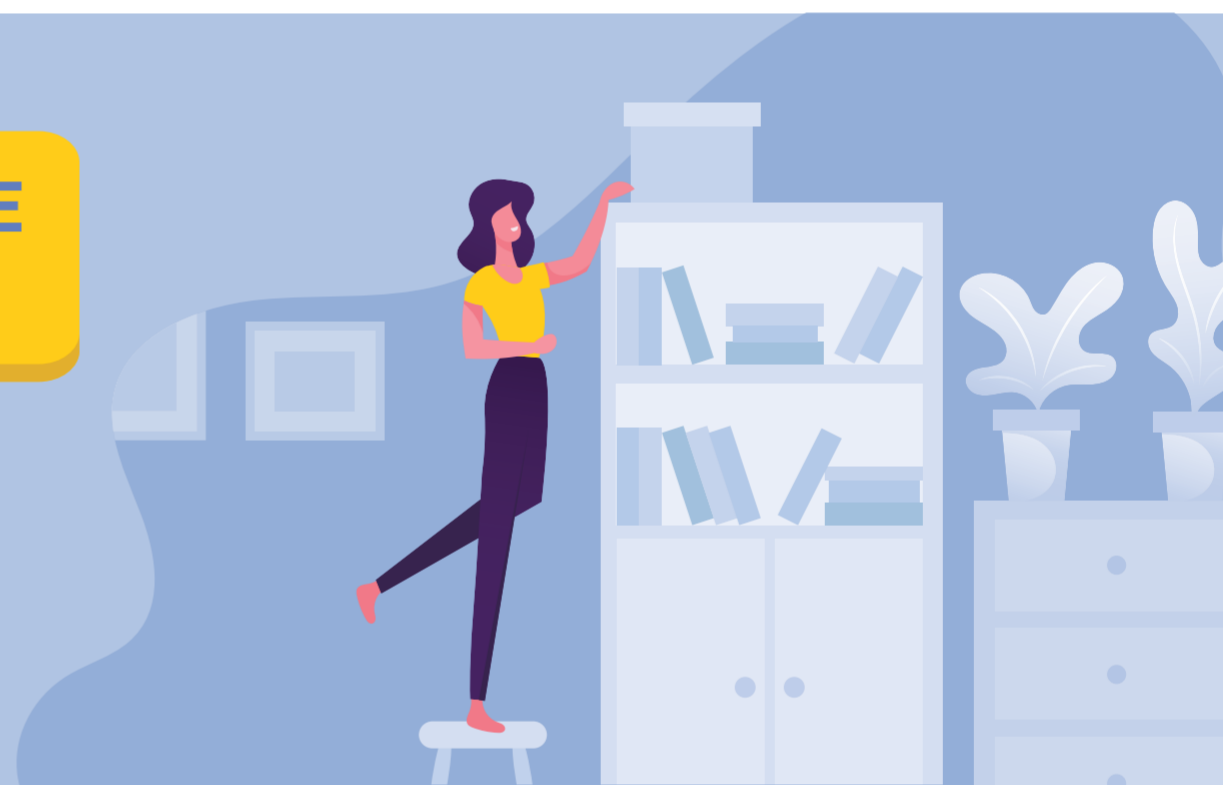


PRACTICE GOOD HYGIENE

Wash your hands thoroughly before touching the CPAP device, mask, or tubing. CPAP users should avoid touching their face to prevent pathogens from entering the body through the nose, mouth, or eyes.

POSITION THE CPAP MACHINE FAR FROM OTHERS

If you use a CPAP therapy for sleep apnea, ensure the machine is kept far from where others might cough, sneeze, or breathe on it.



SANITIZE THE CPAP DEVICE

To minimize exposure to the lungs, the CPAP machine should also be cleaned well and often, even daily. This includes the tubing, masks, and humidifier water chamber. Be sure to wash your face and hands before putting on the mask and using the CPAP machine.

PAY ATTENTION TO COVID SYMPTOMS

Because those with sleep apnea and CPAP users may be at higher risk for developing complications from COVID-19, you should closely monitor your symptoms. If you notice that you have a fever, dry cough, or trouble breathing, contact your primary care physician or emergency services if the condition seems to be worsening.



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