

If I use CPAP or BiPAP and I am suspected or known to have COVID19, should I continue to use PAP at home?

If you are suspected or confirmed to have COVID-19, we suggest assessing risks and benefits of continuing to use a PAP (CPAP/BiPAP) device at home.

What are the risks of continuing my PAP therapy?

- There may be increased risk of transmission of COVID-19 to others in your home if PAP is continued.
- Consider the others living with you, especially if they are at risk for severe infection. Spreading of the virus with PAP is possibly greater.
- Virus particles may persist for some time depending on the type of surface.
- Others at risk for infection from using PAP include those living in the same dwelling.
- Additionally, whether it is possible for the patient to be re-infected from tubing, filters, and/or mask re-use is not known.

What are the risks of discontinuing my PAP therapy?

- Obstructive Sleep Apnea is a chronic disorder, and the risk of stopping PAP for a limited period of time until the patient is no longer contagious may be manageable, depending on the severity of your disorder and symptoms. Without PAP, however, some patients may experience an increase in health risks in the short term, such as accidents, falls, or cardiovascular events.
- If such acute risks are identified, risk-mitigation strategies may be appropriate, such as stop driving, follow fall precautions, and consult with your treating physician to discuss your medical care and medical conditions.
- Using positional therapy or an oral appliance (if you already have one), limiting the use of alcohol and sedating medications, and addressing nasal congestion may also be effective.
- If these short-term risk lessening strategies are not working, and the decision is made to continue your PAP if you have confirmed COVID-19, or are suspected of having COVID-19, you should maintain a strict quarantine and consider options for protecting household contacts.

The decision of whether to continue or stop PAP therapy should be based on whether the risk/benefit assessment favors continued PAP therapy. **This decision should be made jointly with your doctor.**