Living With Sleep Apnea

COVID-19: How to Stay Healthy

"People with sleep apnea need to keep using and cleaning our PAPs, so we can feel good and stay healthy."

— PERSON WITH SLEEP APNEA

Sleep apnea & COVID-19 risk

- Sleep apnea does not make you more likely to get COVID-19.
- Many people with sleep apnea have other health problems that may cause more severe COVID-19.

PAP use and COVID-19

- PAP does not give you COVID-19.
- It is important to keep using your PAP. People with untreated sleep apnea may be at risk for more severe COVID-19.

PAP cleaning during COVID

- Keep cleaning your mask, tube, and hose often.
- More information about cleaning at **www.MyApnea.org.**

Your sleep apnea care

- You may be able to have your health visit by phone or online.
- If your visit is in person, ask about COVID-19 safety at your doctor's office.

If you have COVID-19

- Your PAP may spread COVID-19 to others through the air.
- People in your home may be at risk.
- Stay home and follow CDC guidance on how to keep you and people in your home healthy.

IS THIS COVID-19?

Call your doctor if you have any of these:

- Cough
- Fever/chills
- Trouble breathing
- Feel tired
- Loss of taste or smell
- Sore throat
- Pain in your head or body
- Stuffy or runny nose
- Nausea, vomiting, diarrhea

Learn more about COVID-19

www.cdc.gov/coronavirus

"Better sleep helps us stay healthy by making our immune systems stronger. It also helps us deal with stress better." — SLEEP DOCTOR