

How to Clean Your CPAP Equipment

It is important to clean your mask, humidifier chamber and tubing frequently to protect yourself, as well as your device.

CLEANING TIPS

1. **Mask:** clean daily with a wipe.
2. **Air Tubing:** clean every other day with cleaning solution then rinse thoroughly. (Create a solution of 2 parts white vinegar to 3 parts water, or 50% hydrogen peroxide solution)
3. **Humidity Chambers:** Use fresh water daily and clean every other day.
4. **After cleaning,** let the equipment air dry.
5. **Filters:** change once a week.

MAKE YOUR OWN CLEANING WIPES

What you need:

- 1 sealable container
- 1 roll of THICK paper towels
- 2 cups of boiled and cooled water
- 2 tablespoons concentrated dish soap
- 2 tablespoons white vinegar

INSTRUCTIONS:

1. Cut paper towels in half.
2. Mix together water, dish soap and white vinegar.
3. Put towels in container and pour the solution over the paper towels.
4. Once the paper towels are saturated, carefully remove the cardboard center.
5. Pull a paper towel from the middle as your starter cleaning wipe.
6. Keep the container sealed.



COVID-19 AND FAMILY CAREGIVING:

- When at all possible use gown, gloves and N95 mask when in close contact with the patient.
- Thoroughly wash hands before and after providing care.
- Have patient sleep in room by themselves when using CPAP/BiPAP device.
- Always have extra supplies on hand.

RESOURCES FOR CAREGIVERS:

- [COVID19 - Caring for someone at home | CDC](#)