

COVID-19: Hotel Quarantine information for people who use CPAP or other breathing support devices

The Chief Health Officer for Queensland has determined that nebulisers and positive pressure breathing machines such as CPAP (Continuous Positive Airway Pressure) and BiPAP (Bilevel Positive Airway Pressure) are **not permitted in Hotel Quarantine**. If you use a nebuliser, CPAP or other breathing support device, please notify the airport screening nurse or Venue Health Manager when you arrive. Alternative arrangements will be made to support you during quarantine.

Why can't I use my respiratory support device in Hotel Quarantine?

- COVID-19 is passed from person to person through spread of contaminated droplets and aerosols. It is also spread by direct contact with contaminated people or objects.
- Use of CPAP and other respiratory support devices may increase the risk of transmission of COVID-19 to other guests and to staff in the Hotel Quarantine environment
- 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, other guests or staff.
- As you may be infectious with COVID-19 before developing symptoms, you must not use your respiratory support device even if you do not have symptoms
- Contaminated machines can also aid disease transmission through direct contact.

Is it safe for me to stop using my device during my Quarantine period?

- Most people using CPAP for conditions such as obstructive sleep apnoea can safely stop using their CPAP machines during their 14 days of Hotel Quarantine without any long term health effects
- Some people will experience mild symptoms associated with withholding the device, such as reduced sleep quality

- People who have conditions such as hypoventilation or a history of respiratory failure, or use machines such as BiPAP, VPAP or similar devices should not stop using their device. Please notify your VHM and an admission to hospital will be arranged to continue the use of these machines.

What will happen if I need to continue to use my CPAP machine?

- The Chief Health Officer for Queensland has mandated that CPAP machines must not be used in Hotel Quarantine
- Any person who requires ongoing use of a CPAP machine will be admitted to a hospital for the duration of their quarantine
- Your quarantine direction will be amended to reflect your requirement to quarantine in hospital.

What support is available if I stop using my machine?

- You will receive regular phone contact from your VHM or our Complex Care Nursing staff to check that you are managing
- You may change your mind about your requirement for using your breathing device at any stage. In this case, you will be admitted to a hospital.
- An air purifier will be provided for your use during your stay. This is to assist removing any droplets or aerosols that might be generated if you cough during the night. Please leave your air purifier on for your entire stay
- If you are sharing a room with other

- family members, support such as ear plugs can be provided for everyone
- Your sleep quality may be improved using simple methods such as
 - o Avoid excess alcohol or sedative medications
 - o Sleeping on your side. Some people find placing a pillow or rolled up towel behind their back stops them from rolling onto their back during the night
 - o Maintaining good sleep hygiene practices such as avoiding caffeine after 4pm and use of electronic devices immediately prior to bed.

On discharge from quarantine, please refrain from driving until re-established on CPAP and daytime sleepiness has improved.

Can I continue to use my nebuliser during Hotel Quarantine?

- Nebulisers must not be used in Hotel Quarantine by adults or children
- If you normally use a nebuliser your Venue Health Manager can organise an appointment with a Doctor to discuss alternative strategies for managing your lung disease during your quarantine

Can I use my CPAP machine if I am permitted to leave hotel quarantine for my employment?

- Please speak with the airport screening nurse, or contact your Venue Health Manager on arrival at your hotel to discuss your specific circumstances.