



716 Prior Avenue North, St. Paul, MN 55104

INFECTION CONTROL

If you have COPD, you can avoid infection by staying away from people that have the flu or upper respiratory infections. (Flu or pneumonia shots are available for high risk patients.) Changes in your cough, wheezing or mucus color and production can signal the onset of an infection. If you do get an infection, contact you physician so that treatment may begin right away.

Keeping your equipment clean is a necessary step in infection control. Wash your mask or cannula with liquid soap 1-2 times a week, be sure to rinse well. Change your cannula every week. Plastics every two weeks.

If you use humidity, follow these steps to clean the water bottle:

- Soak all parts in warm soapy water for 15 minutes. Use a brush to remove any remaining dirt.
- Rinse all parts in warm water and shake dry.
- To disinfect, soak the parts in a basin of one part white vinegar to three parts water for 20 minutes
- Rinse all parts and let air dry.

Wipe your gauges, concentrator, or liquid unit with a clean damp cloth. Clean any filters with warm water and let air dry before putting them back on the machine. Your technicians can show you where these filters are located.