



Reducing the risk of infection

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Germs can cause serious infections for people living with cystic fibrosis (CF), but they can be hard to avoid. Here are some things you and others can do to help keep germs away and keep your health on the right track.¹

Stay 6 feet away from others

- Germs can be spread up to 6 feet when a person coughs or sneezes. Germs can also remain on surfaces for a long time.
- Both inside and out, try to keep at least a 6 foot distance from others living with CF and anyone with a cold, flu or infection.

Clean your hands often

- If you see dirt on them, you can use soap and water. If you don't have soap and water nearby or hands don't look dirty, you can clean them with an alcohol-based hand gel.
- Encourage family and friends to keep their hands clean.
- Clean your hands before you handle food, eat or drink, and before starting CF treatments.
- Clean your hands after you cough, sneeze, use the bathroom, touch or clean up after pets, and after CF treatments.

Cover your coughs and sneezes

- When you cough or sneeze, use a tissue and throw it in the trash right away.
- After coughing, wash your hands with soap and water or use an alcohol-based hand gel.
- If you don't have a tissue, cough or sneeze into the inside of your elbow. If you do cough or sneeze into your hands, wash them right away.

Clean and disinfect your nebulizer after each use

- Germs from an uncleaned nebulizer can cause a lung infection.
- People living with CF should have their own nebulizer and do their respiratory treatments in rooms separated from others to keep germs from spreading.

Don't share personal items with others

- Avoid sharing things such as straws, spoons and forks, that may touch saliva or other body fluids. This is especially important for nebulizers, airway clearance devices and other respiratory equipment.
- People living with CF should have nebulizers and airway clearance devices that are not shared by others.

Stay away from dust and dirt as much as possible

- Soil can contain some germs and germs can be carried on dust and dirt.
- Avoid frequently working in garden soil, potting plants, mowing the lawn, cleaning up after pets and going where earth has recently been turned over, such as construction sites. Clean your hands after doing these activities.

Tell your school or place of work about your CF

- It's a personal decision to let your school or workplace know that you're living with CF. Ask the people at your school or work for ways to help you reduce contact with other people living with CF or those who are ill.
- If another person living with CF attends your school or work, educate the school administrators or your employer about CF and let them know about ways to lower the risk of infection.

Stay up to date with vaccinations

- It can help your body guard itself against germs.
- Let family and friends know to get vaccinated so there is less of a chance of spreading germs.
- Ask your care team at your next clinic visit for a list of which vaccinations you should get and when to get them.

**To contact us, please call 800-541-4959 or email
CFServices@alliancerxwp.com**

1. 8 ways to guard against germs in everyday life. Cystic Fibrosis Foundation Web site. <https://www.cff.org/managing-cf/8-ways-guard-against-germs-everyday-life>. Accessed June 7, 2022.

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