

## CYSTIC FIBROSIS WORLDWIDE (CFW)

### HYGIENE GUIDELINES

for People with Cystic Fibrosis  
when attending CF Related Events

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Contact with other people with CF (PWCF) may contain a risk of cross infection. Specific bacteria, such as *Pseudomonas aeruginosa*, can spread from one patient to another. Infection with those bacteria can lead to a decline in lung function.

Therefore, when attending events where other PWCF may be present it is important to follow certain hygienic guidelines, to minimise any possibility of cross-infection.

The following suggestions are recommendations, which allow PWCF to take full responsibility for their own well being and have respect for themselves and others around them during such times.

1. Always cover your mouth and nose when you cough or sneeze (preferably with disposable tissues);
2. Regularly wash and dry hands thoroughly or use antibacterial gel, particularly after covering your mouth to cough, and/or using toilet/bathroom facilities;
3. When using toilet/bathroom facilities, opt for dispenser soap use and disposable paper towels, in preference to multi-use soap bars and hot air hand dryers, where available. Always make sure your hands are as dry as possible; It is preferable to use your own, personal bathroom.
4. Use disposable tissues for sputum, throwing them away immediately after use in an appropriate container (not in the toilet);
5. Refrain from shaking hands with others (an alternative friendly gesture might be a gentle touch of the arm or shoulder);
6. Kissing (social or otherwise) is not advisable;
7. Do not share utensils, cups, canned/bottled drinks, etc with others;
8. Avoid using any 'dips' which accompany foods at buffets;
9. In the event of overnight accommodation, sharing rooms is not advisable;
11. When using the washbasin or shower, allow the cold water to run for 2-3 minutes to dilute any present bacteria;
12. Carry antibacterial hand gel with you at all times, and use at regular intervals to maximise protection;
13. **Think 'HYGIENE'. More and increased hygiene in daily life will help to prevent the spread of bacterial lung infections.**

CFW would like to emphasise that as an organisation serving the CF community, we feel the responsibility to provide guidelines such as these. However, we are advocates for personal, but *informed* choice. Therefore, these guidelines are recommendations, which we would be grateful if you would take into consideration. We will try to support, in any way possible, your endeavours to follow these hygiene methods during events organised by CFW.

*These guidelines will be under continual review and regularly updated accordingly.*