

## **HYGIENE GUIDELINES**

### **for People with Cystic Fibrosis (CF) 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 recommendations help to limit the risk of cross infection for yourself and the other participants with CF.**

1. Refrain from shaking hands with others (an alternative friendly gesture might be a gentle touch of the arm or shoulder); Kissing (social or otherwise) is not advisable;
2. Keep a distance (at least 1 meter) to avoid direct spread of bacteria to another PWCF
3. Always cover your mouth and nose when you cough or sneeze with disposable tissues;
4. Regularly wash and dry hands thoroughly or use antibacterial gel, particularly after covering your mouth to cough and using toilet/bathroom facilities;
5. When using toilet/bathroom facilities, opt for dispenser soap use in preference to multi-use soap bars and disposable paper towels instead of 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.
6. Use disposable tissues for sputum, throwing them away immediately after use in a (preferably closed) dust bin (not in the toilet);
7. Do not share utensils, cups, canned/bottled drinks, etc with others;  
Avoid using any 'dips' which accompany foods at buffets;
8. Mouth masks can further limit the risk, but should be replaced regularly
9. Do not share a room with other PWCF;
10. When using the washbasin or shower, allow the water to run for 2-3 minutes to dilute present bacteria;
11. Carry antibacterial hand gel with you at all times, and use at regular intervals to maximise protection;
12. Do your therapy in your own room whenever possible

**Think 'HYGIENE'.**

**'Healthy' hygiene in daily life will help to prevent the spread of bacterial lung infections.**

These guidelines are recommendations, which we would be grateful if you would take into consideration. We hope everyone takes their own responsibility in this matter. The organizers do their best to support, in any way possible your endeavours to follow these hygiene guidelines during events and to limit the risks of cross infection but this can never be totally excluded. We advise you to talk with your CF team about possible risks for you and others with CF and guidelines to limit the risks.

*The possibility of cross-infection between CF individuals observing proper hygienic measures may be low, but can never be totally excluded. We must request that those individuals who have cultured positive with *Burkholderia cepacia*, methicillin resistant *Staph. aureus* (MRSA) or other pan-resistant bacteria, do NOT attend CFE meetings.*

***Please read carefully the document 'ANTI CROSS INFECTION REQUIREMENTS FOR CFE MEETINGS 2013' before you register for the meeting.***