

Why is infection prevention important for Cystic Fibrosis patients?

Patients who have Cystic Fibrosis are less capable of clearing bacteria from their lungs. This leads to frequent and severe infections. Some infections are caused by “Multidrug-resistant bacteria” that are not easily killed by most antibiotics. Infections with these bacteria are difficult to treat and can be more serious than other infections. For this reason, it is important to learn how they are spread and take precautions to prevent these bacteria from infecting you.

How do bacteria and other germs spread among CF patients in the hospital?

- Staff members do not wash their hands after coming into direct contact with mouth or nose discharges, or with contaminated surfaces or objects.
- Patients touch contaminated surfaces.
- Touching contaminated equipment.
- Being near someone when they cough or sneeze.

To help prevent you from coming into contact with bacteria and other germs that can cause illness during hospital appointments or admissions you will be in Contact Precautions. This means staff will wear a gown and gloves whenever they are in your exam room or inpatient room.

How can I help prevent the spread of bacteria and other germs?

Hand Washing

Cleansing your hands is one of the most important things you and your family can do to prevent illness. Wash your hands regularly, especially during these times:

- Before eating.
- Before, during, and after handling or preparing food.
- After you use the bathroom.

- After touching something that could be contaminated (such as a trash can, cleaning cloth, drain, or soil).
- After sneezing, coughing or blowing your nose.
- More often when someone in your home is sick
- Whenever you visit someone in the hospital or nursing home.

Wearing masks

Mask use is another method to prevent infection. You must wear a mask whenever you are in our facility. The only exceptions for this rule are while you are in your inpatient room, in a clinic exam room, and during pulmonary function testing.

Other CF patients

In order to avoid exposure to bacteria and other germs from other CF patients, try to stay at least six feet away from them.

Cleaning respiratory therapy equipment

Always completely follow the instructions you've received to clean all of your respiratory therapy equipment. Bacteria and other germs can collect on your respiratory therapy equipment and contaminate you or others. Ensuring that your equipment is cleaned appropriately will help prevent bacteria and other germs from infecting you.

Thank you for your help with infection prevention and control.

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