

Tips to reduce the risk of infection¹



a Walgreens Allance Pharmacy

Stay 6 feet away from others

- Germs can spread as far as 6 feet when a person coughs or sneezes. Germs can also remain on surfaces for a long time.
- Both indoors and outdoors, try to stay at least 6 feet away from others living with cystic fibrosis (CF) and anyone with a cold, flu or infection.

Wash your hands

- 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 handling food, eating or drinking and starting CF treatments.
- Clean your hands after coughing, sneezing, using the bathroom, touching or cleaning up after pets, and finishing CF treatments.

Cover your cough

- Use a tissue when you cough or sneeze 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

- Clean and disinfect your nebulizer after each use. If not cleaned, germs from the 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 avoid spreading germs.

Don't share personal items

- Avoid sharing items, like straws, spoons and forks, that can come in contact with saliva or other body fluids. This is especially important for respiratory equipment like nebulizers and airway clearance devices.
- People living with CF should have their own nebulizers and airway clearance devices.

Avoid frequent contact with dust and dirt

- Some germs can hide in soil and 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.

Let your school or workplace know

- Informing your school or workplace that you're living with CF is a personal decision. Ask the people at your school or workplace for ways to help you lessen 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 work with them on ways to lower the risk of infection.

Get vaccinated

- Help your body guard itself against germs by staying up to date on your vaccinations.
- Encourage your family and friends to also get vaccinated to reduce the risk of spreading germs.
- For a list of what vaccinations to get and when to get them, talk to your care team at your next clinic visit.

To learn more about Cystic Fibrosis Services,
visit CFS.Walgreens.com

or call 800-541-4959
Mon.-Fri., 8 a.m. to 7 p.m. ET



1. 8 ways to guard against germs in everyday life. Cystic Fibrosis Foundation Web site. <https://www.cff.org/Living-with-CF/Germs-and-Staying-Healthy/How-Can-You-Avoid-Germs/8-Ways-to-Guard-Against-Germs-in-Everyday-Life/>. Accessed February 25, 2016.