

Infection Control Guidelines Cystic Fibrosis Patients

Preventing infection is a very important part of maintaining healthy lungs.

Certain germs can be associated with a more rapid clinical decline and decreased lung function. (for example: MRSA, Pseudomonas, and B. cepacia)

These germs have increased in frequency not only in the healthcare setting but also in the community. Healthcare settings have a high concentration of germs.

There is evidence to show that people with CF may acquire these germs from others with CF in both healthcare and non-healthcare settings.

Reducing the risk of getting these germs is of utmost importance.

The use of strict Infection Control policies can reduce the risk of transmission of germs in a healthcare setting.

Personal Infection Control Practices at CCHMC

All patients need to wear an isolation mask upon entering CCHMC and only remove it in an exam or PFT room. *This will protect you from airborne germs.*

Wash hands or use Alcohol Hand Gel frequently. *This will help protect you from germs on contaminated surfaces.*

Maintain a 6 foot distance from other patients with Cystic Fibrosis. *This will help protect you from specific CF germs.*

Avoid public areas at CCHMC (e.g. Gift shop, Cafeteria, Family Resource Center...). *There are many germs in these areas due to the high concentration of sick people present at the hospital.*

Always clean hands after using a tissue and immediately discard tissue into trash. *This will help prevent the spread of germs.*

Outpatient Clinic

- ✚ Ask for an isolation mask at any Welcome Desk and do not remove it until in an exam room or PFT room. Replace mask when leaving clinic and wear until exiting CCHMC.
- ✚ Use Alcohol Hand Gel or wash hands when:
 - Checking into clinic at the registration desk
 - Upon entering and leaving clinic areas (PFT lab, vital signs room, exam room)
 - After coughing/sneezing into your hands or blowing/wiping your nose
- ✚ Bring toys, books, games from home – there are none available in clinic
- ✚ When using public restrooms, always wear a mask and clean your hands before and after (use soap and water after).

Inpatient Admission

Patients can leave their room for therapy or approved school/child life activities. *These rules are in place to help prevent the spread of germs in the hospital.*

Parents or Caregivers may use the kitchen and/or visit public areas but Hand Hygiene upon leaving and returning to the patient's room is **critical**. *Do not spread germs or bring germs back to the room.*

Siblings with CF may visit, but must follow Inpatient Isolation guidelines.

Patients must be accompanied by a STAFF member when leaving their room unless ok'd by their nurse. *These rules are in place to help prevent the spread of germs in the hospital.*

Patients must always wear a mask when leaving their room.

Isolation rules are in place to help protect you/your child from hospital germs.

Staff members will wear Isolation gowns, gloves and masks for all encounters. *This will help prevent the spread of germs from patient to patient.*