The CF Foundation recently updated their infection control policy in the hope of maintaining the “health and safety of people with CF wherever they gather.” This applies to whether that location is in a clinic office space, in the hospital, or at a school or CF Foundation event. The goal of this updated policy is to limit the risk of cross-infection between people with CF and is based on medical evidence that supports that all people with CF could have germs that might be spread to others with CF. The CF Foundation’s 10 page document provided to all CF Centers (including our Center here at Children’s) discusses these specific recommendations and the supporting references and rationale for putting these guidelines into practice.

A summary of a few of the specific recommendations that are a part of this document are listed below. As with all recommendations and guidelines, it is important to remember that we may not be able to prevent all infections, but we can reduce risk of infections between our patients. Listed below are some of the CF Foundation’s recommendations for caring for children with CF in the hospital and clinic setting and extending into the community.

**Recommendations:**

1. Patients with CF must wear a mask in the waiting room and throughout the health facility EXCEPT in their own exam room (clinic or hospital room). Infants and toddlers may have a blanket placed gently over their face when they are outside of their room.
2. Staff in the clinic and hospital are to wear a gown and gloves when seeing the patient in their exam or hospital room. All patients with CF will be in contact precautions.
3. Patient exam rooms and stethoscopes, should be cleaned between patients.
4. Healthcare professionals should perform hand hygiene using either an anti-microbial soap with water or an alcohol based hand rub that is at least 60% alcohol. Hands should be cleaned after removing gloves, before and after patient contact, upon entering and leaving the room, after contact with respiratory secretions or objects potentially contaminated by respiratory secretions, and after contact with patient care equipment.
5. All people with CF, regardless of their respiratory culture results should be separated by at least 6 feet from other people with CF to reduce the risk of droplet transmission.
6. People with CF who live in the same household should not share utensils, tooth brushes, or respiratory equipment. Whenever possible, they should also perform home airway clearance therapy with only one person with CF in the room at the time of treatment.
7. Information about whether a person has CF or what germs that they have in their lungs is to be maintained as confidential unless the family wishes to have this information known.
8. Schools should avoid common lunch room times, classrooms and recess times if more than one child with CF attends the same school setting.

CF Foundation Infection and Control Policy, January 2013.

For more information, specific to Children’s Hospitals and Clinics of MN, see Policy Number 1215.00 Cystic Fibrosis/Burkholderia Cepacia