

Cross-Infection

Introduction

This policy provides information that should be considered before deciding to attend an event conducted by Cystic Fibrosis WA (CFWA).

Events are open to all members of the CF community, including people with CF, family members of people with CF, and CF community supporters. These events are intended for enjoyment, recreation, education and also provide an opportunity for people from the CF community to meet.

The health, safety and wellbeing of everyone at these events is of great importance. This policy applies equally to employees, volunteers and event participants and will be made available to all potential attendees prior to the event. This policy also applies to members of the CF community who do not themselves have CF, because it is important to recognise that you will pose a risk to people with CF if you have an infection, and can therefore seriously compromise other event attendees with CF.

Some of the bacteria, viruses and fungi that commonly infect people with CF can be transmitted from one person to another. If you (or any children under 18 years of age who will attend the event with your permission) have CF, there is a real, serious and inherent risk that by attending the event you (or your children) could be exposed to pathogens (disease-causing organisms) that might severely harm you (or your children's) health.

These pathogens could include (but are not limited to):

- Burkholderia cepacia complex
- methicillin-resistant staphylococcus aureus
- pseudomonas aeruginosa
- non-tuberculous mycobacterium (NTM)
- human respiratory syncytial virus
- human parainfluenza viruses
- influenza viruses
- other pathogens that are currently unknown.

For people with CF, exposure to these pathogens could lead to serious illness, injury or even death.

Cystic Fibrosis WA

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Disclaimer: The information contained herein is provided in good faith. However accuracy of any statements is not guaranteed by Cystic Fibrosis Australia. We provide the information on the understanding that persons take responsibility for assessing relevance and accuracy. Individuals are encouraged to discuss their health needs with a health practitioner.

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Recommendations

There is no reliable way to completely eliminate the risk of cross-infection. To reduce the risk of cross-infection, the following recommendations are offered as a guide:

1. Anyone who has signs of cold, flu, respiratory or gastrointestinal illness is asked not to attend the event or to leave the event if they develop any signs or symptoms during the event.
2. Anyone who believes they may have an infection that could be harmful to other people is asked not to attend the event.
3. People with CF should avoid close or prolonged contact with each other during the event and endeavour to maintain a minimum distance of 1m from each other at all times. However, in small enclosed spaces, the latest research suggests, and CFA endorses, a minimum of 4 metres.
4. Everyone at the event should practice good public health hygiene. Always cover your mouth and nose with your elbow when coughing or sneezing, and dispose of used tissues in a covered container.
5. Always wash and dry your hands, or use alcohol hand sanitiser, after coughing, sneezing, touching your mouth or nose, and before eating.
6. Do not share personal items such as eating or drinking utensils, food serving utensils, toothbrushes, nebulisers or equipment, particularly with people with CF.
7. Other high-risk activities include: prolonged time in small poorly ventilated areas including cars; use of communal exercise facilities; handling multi-use soap bars; shaking hands or sharing hotel rooms with other individuals with CF.

NB - For enclosed events, a signed waiver may be required, however, for outdoor events it is understood that you have acknowledged the terms and conditions of this policy when registering for such events.

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