



To whom it may concern,

I have cystic fibrosis, or CF, a genetic condition that is not contagious. I may not look sick, but it takes a lot of effort, including daily treatments and medications, for me to keep healthy.

CF affects my whole body, and one of the main organs affected is the lungs. People with CF have thick, sticky mucus in their lungs which creates a breeding ground for infections. This mucus can cause coughing.

Some people with CF cough a lot and others only cough when they have a CF infection. This doesn't mean we have a cold or are sick, we just need to clear the mucus from our lungs. Coughing is good as it helps keep my lungs healthy. Other people cannot catch CF infections. This cough is not contagious to people without CF.

People with CF can still catch colds and viruses, just like everyone else. If I get sick with a flu or cold, I will stay home from work to stop the spread of germs. So, if I am coughing at work because of CF, please be reassured, other people cannot catch my cough.

If you have any questions, or you wanted to talk to me about this, please feel free to do so.

Many thanks,

More information about CF, can be found on the Cystic Fibrosis WA website;
www.cfwa.org.au