



Dear parent/s,

Our child, \_\_\_\_\_ has cystic fibrosis.

Cystic fibrosis, or CF, is a genetic condition that is not contagious. People with CF may not look sick on the outside, but it takes lots of work, including daily treatments and medications, to keep them healthy.

CF affects the whole body, and one of the main organs affected is the lungs. We all have mucus in our lungs that protects us from infection and keeps us healthy. For people with CF the mucus is thick and sticky and creates a breeding ground for infections. This can lead to coughing.

Some people with CF will cough a lot and others will only cough when they have a CF infection. They might cough more when it is cold, or maybe when they exercise. This doesn't mean they have a cold or are sick, they just need to clear the mucus from their lungs. Coughing is good as it helps move the mucus and keep the lungs healthy. Their cough is not contagious to other people.

People with CF can still catch colds and viruses, just like everyone else. If they get sick with a flu or cold, just like other students, they will stay home from school to stop the spread of germs. So, if my child is coughing at school because of CF, please be reassured, your child is not at risk and cannot catch their cough.

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

Many thanks,

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More information about CF, can be found on the Cystic Fibrosis WA website;  
[www.cfwa.org.au](http://www.cfwa.org.au)