

# My ABCF at School: A Note for Parents



A friend in our class has cystic fibrosis (CF). To learn more about CF, we read a book called *My ABCF at School*. It helped us understand more about CF and what we can do to keep our friend with CF healthy. Here is some more information to help parents learn a little bit about CF to reinforce the messages at home.

## What is Cystic Fibrosis?

CF is a genetically inherited condition which mainly affects the lungs and the digestive system. CF causes mucus throughout the body to be thick and sticky, leading to lung infections and digestive issues. CF is not contagious.

## Treatment

People with CF need lots of treatment including daily physiotherapy and exercise to remove mucus from the lungs, high calorie food, vitamins and salt supplements, medications to assist with digestion and treat infections and regular clinic appointments. Extra treatment is needed when unwell.

Most treatment is done at home, however some medications are required throughout the school day. The book briefly touched on most of the topics mentioned above to help peers understand why their classmate might have different food, take medications or be away from school.

## How Our Class Can Help

Due to the mucus in the lungs, children with CF can have more serious effects from catching a cold or virus. These germs can cause infection in the lungs and may lead to extra treatment or a hospital admission.

### We can help keep our classmate with CF safe at school by:

- Keeping your child home when unwell.
- Teaching and encouraging good hand washing practices at home .
- Teaching the importance of covering coughs and sneezes.

While there is a lot of extra care required, it is important to note that children with CF can still do the things other children can do, like go to birthday parties, play sport and have playdates with friends.



Scan the QR code to  
learn more about CF