

PCD Foundation Cross Infection Guidelines

The possibility of cross-infection between PCD individuals observing proper hygienic measures may be very low. Nevertheless, the PCD Foundation prohibits individuals who have cultured positive with MRSA or other pan-resistant bacteria, or who are actively infected with *Pseudomonas aeruginosa* or *Burkholderia cepacia* from attending PCD Foundation events. Because non-tuberculous mycobacterial (NTM) infections are not believed to be spread through person-to-person contact, there will be no restrictions for PCD individuals with positive NTM cultures.

Despite extensive precautions, we cannot guarantee a patient event that is free of virulent organisms. The very nature of cross-infection, inaccurate laboratory cultures, and other factors make it impossible to insure a "bug" free gathering. ***Therefore we urge you to discuss these issues with your physician and decide together whether you wish to attend this patient event.***

The following cross-contamination prevention suggestions are recommended by the European CF Foundation, and are provided for your information:

1. Always cover your mouth and nose when you cough or sneeze (preferably with disposable tissues)
2. Regularly wash and dry hands thoroughly or use antibacterial gel, particularly after covering your mouth to cough, and/or using toilet/bathroom facilities
3. When using toilet/bathroom facilities, opt for dispenser soap use and disposable paper towels, in preference to multi-use soap bars and hot air hand dryers, where available. Always make sure your hands are as dry as possible (It is preferable to use your own, personal bathroom.)
4. Use disposable tissues for sputum, throwing them away immediately after use in an appropriate container
5. Refrain from shaking hands with others (an alternative friendly gesture might be a gentle touch of the arm or shoulder)
6. Kissing (social or otherwise) is not advisable
7. Do not share utensils, cups, canned/bottled drinks, etc with others
8. Avoid using any 'dips' which accompany foods at buffets
9. In the event of overnight accommodation, sharing rooms is not advisable
10. When using the washbasin or shower, allow the cold water to run for 2-3 minutes to dilute any present bacteria
11. Carry antibacterial hand gel with you at all times, and use at regular intervals to maximize protection (we will have some on hand)

Please sign to indicate that that you have read and agree to these guidelines and that you understand there is a risk of cross-infection at patient gatherings. By signing you agree to indemnify and hold harmless the PCD Foundation ("PCDF"), its subsidiaries, affiliates, directors, officers, agents and employees against any claim arising from potential cross-infection at a PCD Foundation patient gathering.

Patient (or parent/guardian if patient is under 18)

Date