

Cross Infection in High School

In a person with CF, the lungs are affected by thick, sticky mucus. This mucus can create a perfect breeding ground for bacteria to grow. These bacteria are treated with antibiotics but can be difficult to eradicate.

Cross Infection

People with CF can spread these bacteria to other people with CF by direct contact or indirect contact from coughing, sneezing or touching a contaminated surface. This is referred to as cross infection. To reduce the risk of cross infection between people with CF, it is recommended that they do not come in contact with each other and maintain a distance of at least **4 metres apart**. This recommendation does not apply to siblings with CF.

Cross infection does not occur with people who do not have CF, as their lungs do not have thick, sticky mucus.

Managing Cross Infection in High School

If there is more than one student with CF in the school, the following recommendations need to be considered to reduce the risk of cross infection:

- Students with CF should not be placed in the same classes/form group.
- Follow recommended cleaning practices including frequently touched surfaces and common areas e.g. library, science lab.
- Provisions made for students to maintain a safe distance from each other in shared spaces, on buses and at events such as assemblies and sports carnivals.



Hand Hygiene

Good hand hygiene is the single most important measure in reducing the risk of cross infection between people with CF, as well as the risk of spreading other infections, such as colds and flus.

Good hand hygiene practices should be encouraged among staff and students, with access to liquid soap, paper towels, air hand dryers and alcohol based hand gel.

More Information

For more information about CF, we have free eLearning modules, including one specific to infection prevention, as well as other resources available on our [CFSmart website](http://www.cfsmart.org.au).