

## Infection Control in High School

The thick, sticky mucus that builds up in the lungs of a person with CF provides an environment for germs to thrive and multiply. Viruses such as the flu, colds and gastro can have more serious effects on people with CF. Good infection control programs within schools can significantly lower infection rates and reduce the spread of germs for everyone.

### Good Infection Control Practices

Good infection control practices in high schools should include the following:

- Students are encouraged to maintain good hygiene practices, such as hand washing and coughing and sneezing into their elbow or sleeve.
- Access to handwashing facilities including liquid soap, paper towel/ air hand dryer and alcohol based hand gel.
- Follow recommended cleaning practices including toilets and common areas e.g. library, art/music room.
- Encourage unwell students to stay home from school until symptoms have cleared.

### Environmental Bacteria

Bacteria found naturally in the environment that don't pose a risk to people without CF, can cause infection in people with CF. These bacteria are commonly found in stagnant water, mould and soil and once contracted, can be difficult to treat.

Activities that can pose a risk to a student with CF should be discussed with the student and their parents beforehand.



### Environmental risks to consider in high school include:

- Excursions/incursions/camps - May need to take precautions with activities involving stagnant dirty water or damp soil/hay.
- Gardening- Short periods of exposure, consider using a face mask and gloves.
- In the classroom- Cover fish tanks, regularly refresh water in vases and indoor plants to avoid exposure to stagnant water.

### 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](https://www.cfsmart.org.au).