



NHS

Great Ormond Street
Hospital for Children
NHS Foundation Trust

CF and staph infections (Easy Read)



Staph is a bug that lives on our skin and in our lungs. In most people, it doesn't usually cause any problems.



It can go from one person to another by touching someone's skin. It also spreads when a person sneezes or coughs out droplets. You can stop the bug going from person to person by:



Washing your hands with soap and water regularly.



Use hand sanitiser if you cannot use soap and water.



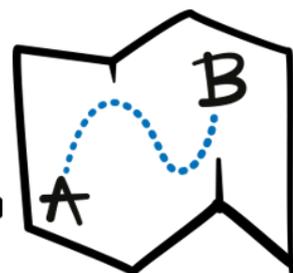
Using a tissue to catch a sneeze or cover a cough.



If you don't have any tissues, use your sleeve instead.



Try not to touch your face – eyes, nose and mouth – if you haven't washed your hands.





People with CF are more likely to have staph infections. We usually test at every clinic appointment or home visit.



We will use a swab like a large cotton bud and ask you to cough on to it. We may also tickle the inside of your nose with another swab if needed.



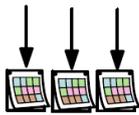
We might ask you for a sputum (mucus) sample. We will ask you to cough and then spit any mucus into a collecting pot.



The cough swab and sputum sample will be checked in our labs.



If you have a staph infection, we will contact you. You may need some medicine to take for 14 days.



If you have lots of infections, we may give you some medicine to take every day to help reduce the number of coughs you have.



Please ask us if you have any questions.

