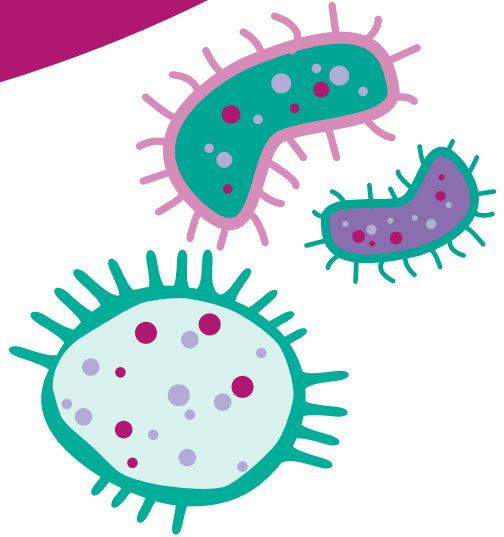


Bugs and fungus

What you need to know

Information for parents
and carers



Leeds Centre for
Cystic Fibrosis

There are some bacteria and organisms (Pseudomonas, Aspergillus) found in the environment that can cause harm to children with cystic fibrosis.

It is impossible to completely prevent children from coming into contact with these organisms, but there are some precautions that can be taken to significantly reduce the chances. It is also important to not get too stressed about this, as we want your child to have fun without too many restrictions.

Pseudomonas (PA) is found in items that stay wet, stagnant water, plants and soil.

Aspergillus is found on decaying plant matter and dust from house renovations. Aspergillus is a fungus/mould for example in old plaster and dusty stables with straw/hay.

Precautions

The first and best precaution is **Good Hand Washing regularly!!**

Indoors

- Bath toys, avoid squirty toys, as they can hold water; the toys need to be washed and dried easily.
- Toothbrushes – keep upright and allow to dry; change regularly.
- Use flannels rather than sponges, they hold water; flannels can be washed and dried regularly.



- Soap – use liquid rather than tablet soap.
- Sink areas – keep them clean and dry.
- Washing machines and dish washers – don't let toddlers play in them.
- Fish tanks – do not allow child to clean them out, keep covered.
- Wash all fruit, vegetables and salads prior to eating.
- Water play at school/nursery – this is ok as long as the water is changed after each session and the toys can be dried thoroughly.
- Dry nebuliser pots thoroughly, after washing and rinsing.
- Do **NOT** leave nebulisers on sink drainer to dry.
- Run taps for 20 seconds, if the first use of the day.

Outdoors

- Avoid aerated baths ie jacuzzis, hot tubs and spas, as well as steam rooms.
- Use of saunas and swimming pools are OK, as long as maintained correctly ie use of chlorine, UV light etc.
- The sea is OK, as salt inhibits growth of PA.
- Avoid play in stagnant lakes, ponds bogs or canals.
- Be wary of people with viral infections ie 'colds'.
- Wash hands after handling pets and animals.
- However we recommend they avoid mucking out the damp straw in stables, playing on straw bales or playing with pets' bedding.

- It is good for children to work and play in the garden, soil or play bark as long as they wash their hands and face afterwards. Acquiring PA or other organisms from nature is very low.
- Mud kitchens / forest schools risk is also minimal.
- Sand pits - fine as long as there is no free standing stagnant water.
- Keep children away from extensive renovations or building work.
- We recommend using tap water or bottled fizzy water rather than bottled still water or bottled water coolers. EU countries must meet drinking water standards.



This information is not meant to worry you; as for many of the situations discussed, acquiring PA after a relatively short exposure, still remains very low!

Antibiotic treatment to get rid of pseudomonas is very effective and these are just some sensible precautions to reduce the risk of environmental contact.

If you have any questions or concerns about this information, please contact your child's CF Nurse Specialist.

What did you think of your care?

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Your views matter



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Produced by: Medical Illustration Services • MID code: 20200408_019/JG

LN003864
Publication date
05/2020
Review date
05/2022