

NEWSLETTER

TOOLS YOU CAN USE TO PREVENT THE FLU *Good Health Habits Can Help Stop Germs*

The Centers for Disease Control and Prevention (CDC) recommends taking these actions to protect yourself and others from the flu. Check out the following tips from CDC website:

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

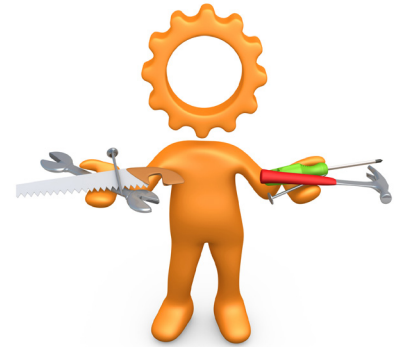
Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

More materials for promoting good health habits are available on the CDC's website at <http://www.cdc.gov/flu/protect/habits.htm>.



FAREWELL FROM THE EXECUTIVE DIRECTOR OF THE CYSTIC FIBROSIS FOUNDATION

Dear Families -

Over the last four years I have been very proud to represent the Cystic Fibrosis Foundation here in Southern Arizona. I remain in awe of the progress achieved for those battling CF, as well as that made for all rare diseases, and healthcare in general by this pioneering non-profit organization.

During my time with CFF, I have developed a great passion for the cause and a love for the families. I have been inspired by the leadership of Dr. Beall and Dr. Campbell, the professionalism and dedication of my colleagues, the commitment of our local Care Center Team, the generosity of our donors and volunteers, and the courage of our friends and families living daily with this disease.

As I have heard Dr. Beall say recently this train is going too fast to step off. I plan to remain a warrior in the battle against CF as volunteer and donor. I am deeply grateful for the support I have received from the Foundation and the many ways that I have grown from the opportunity to be part of this incredible organization.

It has truly been an honor and a joy to be part of the CF community in Southern Arizona. I remain wholly invested in its success, the future of the Tucson Chapter, and the CURE!

Thank you from the bottom of my heart.

Michele Murphy

QUALITY IMPROVEMENT INITIATIVE UPDATE



Our CF care team continues to participate as one of fifteen CF centers across the country participating in a quality improvement (QI) initiative through the Cystic Fibrosis Foundation. We had our first face-to-face “Fundamentals Learning and Leadership Collaborative” meeting with the other fourteen CF centers in Baltimore, MD, from November 3-4th.

Our CF team continues to meet weekly for our QI meetings with our Cystic Fibrosis Foundation designated QI coach, a CF patient and a CF parent, with the continued mission of working together and learning with our patients and families to produce the best possible care for those living with CF.

We are in the process of evaluating the data collected and working on several recommendations to narrow our focus for our QI project. Thank you to all who have provided feedback. Our excitement continues for this opportunity to work together to improve CF care and we will continue to provide QI quarterly updates.

ONLINE RESOURCES

www.nappc.peds.arizona.edu
 The Pediatric Pulmonary Center's website

www.CysticLife.org

A social network for the cystic fibrosis community

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