

# Hygiene Guidelines for All Attendees

CFRI is dedicated to minimizing cross-infection risk for all in attendance. **All retreat attendees – whether or not you have CF - must follow the hygiene guidelines listed below so as to limit the risk of cross-infection.** These guidelines have been developed in collaboration with our medical advisors and apply to everyone, including those without CF.



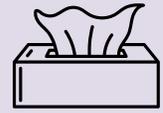
## COVID-19 VACCINE

CFRI requires all in-person attendees to attest that they have received all COVID-19 vaccines for which they are eligible and that they will take a COVID test within 48 hours prior to arriving at the retreat to confirm that they are negative for COVID-19. Daily COVID-19 testing will be requested to ensure health and safety for all, tests will be provided by CFRI.



## SPUTUM CULTURE

All participants with CF are required to have completed a sputum culture after **2/27/26** by a CFF-accredited laboratory and must have a medical release signed by their CF medical team to attend - **due to CFRI by 4/3/26.**  
***\*see below for more details.***



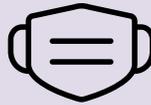
## COVER YOUR MOUTH

Please cover your mouth with a tissue when coughing and immediately dispose of the used tissue. Do not dispose of sputum in toilets or sinks. Always disinfect your hands after coughing.



## DON'T TOUCH OTHERS

Refrain from shaking hands or hugging to avoid spreading germs. Do not share cell phones, pens, glasses, plates, eating utensils, etc. with anyone.



## FACE MASK

Everyone is encouraged to wear a mask at indoor events. For those preferring to wear a mask, N95 and surgical masks will be provided.



## HAND SANITIZER

Disinfect your hands before eating and as needed. Hand sanitizer will be provided and located in all common spaces.



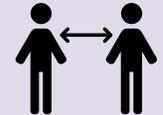
## FEELING ILL

If you think you have COVID-19, a cold, virus, flu, etc. you must leave the retreat. The retreat is available to participate virtually.



## COMMON SPACES

Non-CF volunteers disinfect all chairs, tables, etc after each use and assist in serving all meals, attendees with CF should refrain from touching the serving utensils.



## 6-FOOT RULE

Maintain the "6-foot" rule with other individuals with CF to minimize cross-infection risk.



## PRIVATE ROOMS

Everyone has separate living quarters. We encourage using the bathroom in your private room vs the shared restrooms to minimize cross infection risks.

**\*Each person with CF must have their CF physician attest that the person:** has never tested positive for an organism belonging to Burkholderia cepacia complex (Bcc); have not cultured Methicillin Resistant Staphylococcus aureus (MRSA) within the past 12 months; have not had a positive culture for Nontuberculous mycobacteria (NTM) in the past 12 months; do not currently culture positive for any pandrug-resistant (PDR) bacteria (bacterial isolates non-susceptible to all agents in all antimicrobial categories) or extensively drug resistant (XDR) bacteria that remain susceptible to only one category of antimicrobials (does not apply to XDR isolates remaining susceptible to two or more categories of antimicrobials). **Although negative sputum cultures do not eliminate risk, they may reduce risk of pathogen transmission.**