



EQUIPMENT MAINTENANCE & INFECTION CONTROL

Name: _____

Date: _____

Note: This is not a test. This assessment has been developed to help you become more knowledgeable about your CF, with the help of your CF care team.

This assessment is to be completed by a person who is 16 or older with cystic fibrosis (CF). For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on to the next question.

1. Germs are spread by:

- a) Air
- b) Droplet
- c) Contact
- d) All of the above

2. Washing your hands with antibacterial soap is the best way to stop the spread of germs.

- a) True
- b) False

3. To stay healthy, it is recommended that people with CF:

- a) Get all of their vaccinations
- b) Get the flu shot every year
- c) Get a hepatitis A & B shot
- d) All of the above

4. To lower the risk of getting an infection, a person with CF should:

- a) Avoid contact with people who are sick
- b) Stand at least 6 feet away from anyone who has CF
- c) Get extra sleep when you need it
- d) All of the above

5. The four steps to caring for your nebulizer are: clean, disinfect, rinse and air dry.

- a) True
- b) False

6. You can avoid germs all together by being very diligent about your care.

- a) True
- b) False

7. The CF Foundation's Care Guidelines on infection control recommend that you:

- a) Clean, disinfect, and air dry all of your respiratory equipment, including nebulizers
- b) Clean your nebulizers before disinfecting them
- c) Completely air dry your nebulizer
- d) Do not use vinegar to clean your nebulizer
- e) Use a standard cycle dishwasher, if the water temperature is 70°C or 158°F or higher for at least 30 minutes
- f) All of the above

8. It is most important to clean which of the following nebulizer parts:

- a) Handset
- b) Mask
- c) Mouthpiece
- d) All of the above

9. To keep from getting new CF bacteria in your lungs, you should:

- a) Not hang out with others who have CF
- b) Cough into tissues and throw them away
- c) Stay home as much as possible
- d) Answers a and b
- e) All of the above