

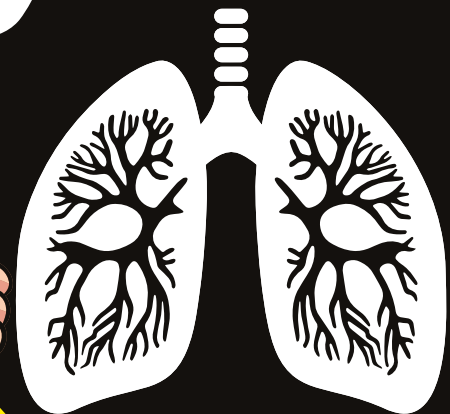
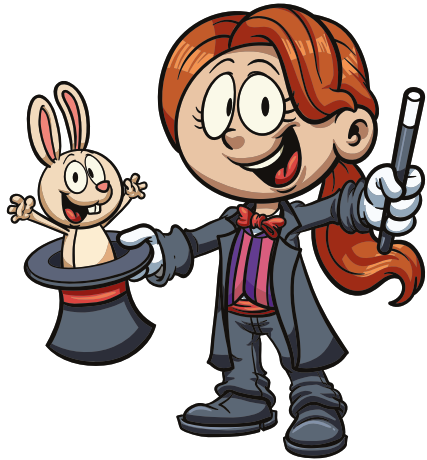


**THE  STEPS**  
**TO STAYING WELL WITH CF**  
A children's guide to Cystic Fibrosis



# THE STEPS

## TO STAYING WELL WITH CF



**STEP 2**  
LEARN ABOUT  
YOUR LUNGS

Cystic fibrosis makes some of the liquid in your body (**called mucus**) much thicker. This can clog up your lungs making it harder to breathe and can make you cough.

Bugs get trapped in the mucus and grow. These bugs can make you feel poorly.

**STEP 1**

REMEMBER,  
EVERYONE IS  
DIFFERENT

Jack was born with CF - just like you were born with the colour of your hair and colour of your skin



**STEP 3**  
FOOD IS GOOD!



To help you grow you need lots of food for lots of energy. This helps you keep a healthy weight and helps fight infection. You usually have to take some medicines (enzymes) when you eat to help your body digest your food.

**STEP 4**  
KEEPING YOUR LUNGS CLEAR

Physio (*said fizz-e-o*) is super important to clear your lungs.

The mucus in your lungs is thick and doesn't move easily.

Your body needs to get rid of it.

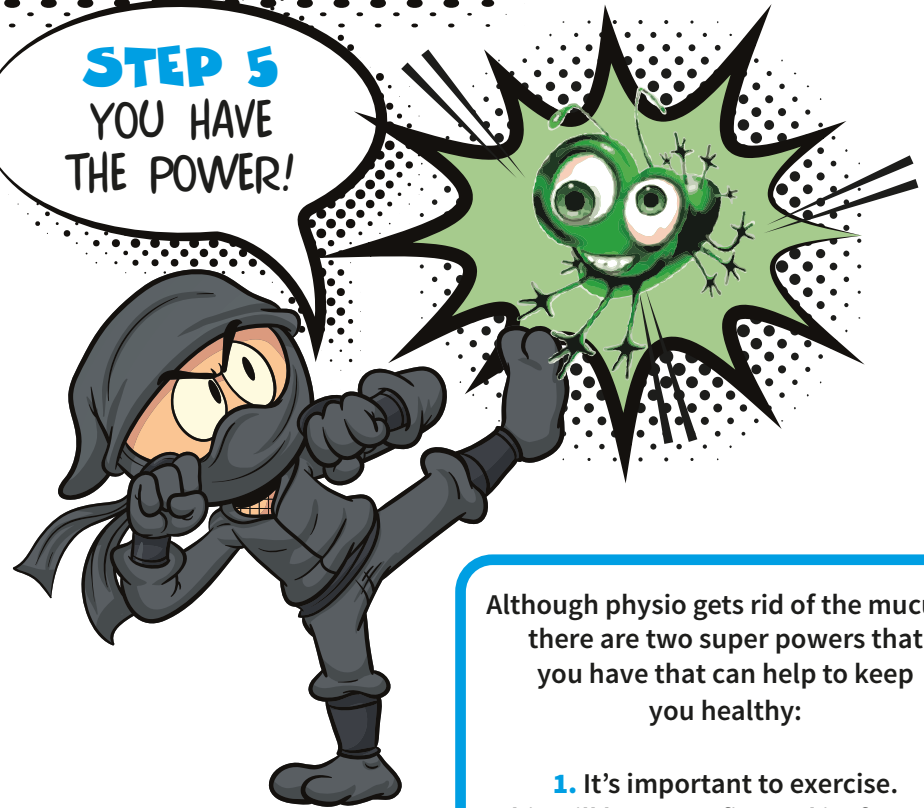
Physiotherapy (*Physio for short*) is important to help you do this.

There are lots of different ways, so you or your mum or dad may chat to your physio about what's best for you.



**THE 7 STEPS**  
TO STAYING WELL WITH CF

**STEP 5**  
YOU HAVE THE POWER!



Although physio gets rid of the mucus - there are two super powers that you have that can help to keep you healthy:

- 1.** It's important to exercise. This will keep you fit - and its fun too! Your physio will give you tips.
- 2.** Take all your medicines at the right times - including your antibiotics. These will help fight any bad bugs you may have.



# THE STEPS

## TO STAYING WELL WITH CF

### STEP

COME TO  
THE CLINIC

Every person with CF is unique/different and might have different bugs to you. When you make friends with a person with CF it is best not to meet them.

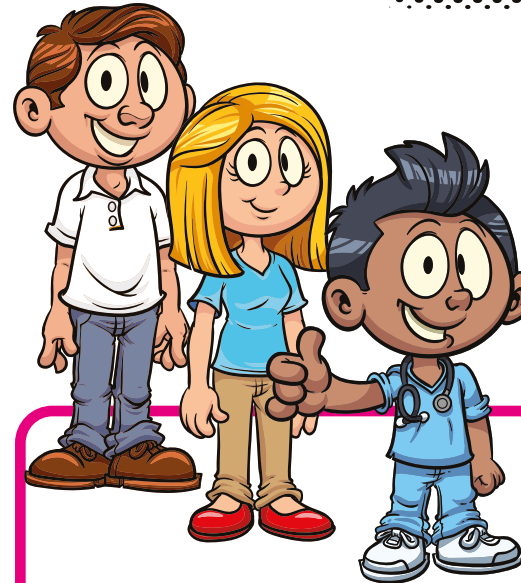
**You can talk to each other in other ways.**

**You don't want to mix bugs.**

They might have bugs which could be passed into your body and make you feel poorly.

### STEP 6

KEEP AWAY FROM  
OTHERS WITH CF



Your CF team will check on how your body is doing. It's good to tell them all about what you do and how you feel.



**You may want to write down any questions  
you have for your CF team:**

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