

# NAVIGATING UNCERTAINTY DURING COVID-19



During the COVID-19 pandemic, day-to-day activities that we usually take for granted—like going to school or work, running errands, and enjoying time with friends—require careful consideration and planning due to the risk of infection. For people with CF, who may be at increased risk of serious complications due to COVID-19, the stress related to this uncertainty can be significant.

To help people with CF and their families navigate these decisions while protecting their health, the Cystic Fibrosis Foundation developed a risk assessment tool based on input from members of the CF community and clinicians. People with CF and their families can use the tool to plot activities of interest on a grid based on two key factors that influence risk of contracting COVID-19: the length and type of contact with others.

Whatever decisions you make, it is important to stay vigilant about infection prevention measures like wearing a mask, staying at least 6 feet apart from individuals outside of your household, and washing your hands frequently.

As you use this tool, it is important to remember that there is no single, right approach for everyone. But what is certain is that you are not alone. The CF Foundation, your care team, and others in the CF community are here to support you.

The Foundation is sharing the best possible information related to COVID-19 to help the CF community protect their health and the health of their families and loved ones. Visit our COVID-19 Community Questions and Answers page for the latest guidance at <https://on.cff.org/COVID-19-QA>

## QUESTIONS TO CONSIDER:

**WHAT'S HAPPENING IN YOUR COMMUNITY?** Local transmission rates, regulations, and social behaviors; and different approaches to reopening can all affect the risk of certain activities. To learn about transmission in your community and how your state is opening up, visit the New York Times's interactive map: <https://on.cff.org/State-Reopening>

**HOW MUCH CONTROL DO YOU HAVE?** Do you know who will be there and if they have been physically distancing? Can you agree with others in advance on strategies to minimize risk, such as wearing masks? Will you be able to leave if the risk feels too great?

**IS THE RISK WORTH THE BENEFIT?** What value will you get from the activity? Is there a lower-risk way to get the same benefit (e.g., driving instead of taking public transit, moving outdoors)?

**REMEMBER: EVERY PERSON'S CIRCUMSTANCES ARE UNIQUE. SPEAK WITH YOUR CARE TEAM IF YOU NEED SUPPORT NAVIGATING DECISIONS RELATED TO LIFE DURING THE COVID-19 PANDEMIC.**

# COVID-19 RISK ASSESSMENT TOOL



What activities do you want to return to? Plot them on this grid to understand how they may impact your risk of contracting COVID-19. Discuss the results with your family and CF care team so you can make informed decisions about your daily life.

## RISK BASED ON LENGTH OF CONTACT



**LOW:** Minimal contact (e.g., passing someone on the street)

**MED:** Intermittent contact (e.g., briefly speaking with someone face-to-face)

**HIGH:** Continuous contact (e.g., remaining in proximity (<6ft) to others for several minutes or longer)

**RISK BASED ON TYPE OF CONTACT**

**HIGH:**  
Contact with large groups or strangers

**MED:**  
Contact with small group of known individuals

**LOW:**  
Contact with immediate household members

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