

NAVIGATING A NEW NORMAL DURING COVID-19

With the country opening up as more people are vaccinated, those with CF and their families may be wondering what daily activities are safe to return to. For families where not everyone is fully vaccinated, 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.

As you use this tool, it is important to remember that there is no single, right approach for everyone. 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 and vaccination rates, regulations, 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 fully vaccinated? 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.

