



Cystic Fibrosis Clinic
Ambulatory Care Building, Room K3-189

March 19, 2020

Dear Families,

We have received a lot of questions about the current Novel Coronavirus (COVID-19) outbreak, and how best to protect children from serious illness.

Screening, Self-Isolating, and Testing for COVID-19

At this time, recommendations for screening, self-isolating and COVID-19 testing are the **same** for individuals with CF as the general public and people with mild respiratory symptoms do not need testing. For more information, refer to the BC CDC website

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19> or use the BC Covid-19 Symptom Self-Assessment Tool <https://covid19.thrive.health/>.

Treatment of COVID-19

In many ways we are managing the COVID-19 infection like any other viral infection. We recommend frequent hand washing and avoid exposure to anyone who is sick with a fever.

- If your child develops a wet cough, please notify the clinic and we will give advice if they need to be seen for a cough swab/sputum sample and then prescribe antibiotics as needed.
- If your child has a fever and new respiratory symptoms, please contact the CF nurses line. Advice will be given as to whether your child needs to be seen. If the symptoms are severe, the CF physician may do a naso-pharyngeal swab which tests for a panel of common viruses (such as influenza and RSV) as well as the new coronavirus that causes COVID-19. If the new coronavirus is detected, you will be contacted by Public Health with home instructions, and the CF clinic will follow up with you regarding your child's progress.
- If your child requires additional medical treatment, it will be prescribed.
- For CF patients living outside the Vancouver/ Lower Mainland, the CF clinic will liaise with local healthcare providers as necessary.

Currently, it is reported that children with COVID-19 have milder infections. With respect to children with CF, this situation is evolving, but there currently does not seem to be an increased number of hospital admissions being reported or severe complications from COVID-19.

Clinic Visits

In keeping with the Provincial Health Officer's advice to encourage social distancing, we are rescheduling all non-urgent appointments.

Over the next few weeks the CF clinic will be running as follows:

- 1) The CF nurses will be offering the usual telephone support to families (Mon-Fri: 8:00-4:00)
- 2) For those who are scheduled for a quick return appointment, this will be done by telephone or virtual health.
- 3) Urgent/Sick visits will be seen as needed, after discussion with the CF Clinic nurse. These will be done in the Respiratory clinic. **It is imperative that the patient wear a mask to prevent risk of infection to healthcare workers and other patients.**

Prescription refills

Pharmacies are able to supply an emergency supply of medication without a prescription. If you need any refills for your child please contact your pharmacy. They will fax the CF clinic at 604-875-2349 if necessary. Stockpiling of routine medications is **not** recommended. Refill your medications at the usual quantities; depending on the medication and Pharmacare restrictions, this may be 1 to 3 month supply. It is important to have at least 2-week supply of routine medications in case of the need to self-isolate.

COVID-19

We are following recommendations about the infection from the following sites:

<http://www.bcchildrens.ca/health-info/covid-19-and-children-information-for-patients>

<http://www.bcchildrens.ca/our-services/clinics/cystic-fibrosis>

<https://www.cysticfibrosis.ca/>

(Has a Q and A section. Please note this is more adult- focused)

www.bccdc.ca

Please note that these recommendations may change as we move forward.
If you have any questions please contact the CF clinic.

Yours sincerely,



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