

27 March 2020

TAKING STOCK

Cystic Fibrosis Australia is in action mode, currently we are looking at distributing nebulisers and spirometers to where they're needed and helping out rural members of the CF community to make sure that they will have access to their clinics across state lines. Quarantine zones may cut through many vital travel routes and we are working with major players like Vertex, Roche and Woolworths to make sure that Australians with CF have their essentials.

Right now the most valuable commodity is information. You proved that last week with the biggest and most engagement heavy Consumer Connect that we have ever staged. Over 500 live participants and many more tuning in to watch the service afterwards. Everyone wants to know about CF and COVID – the co-morbidities, the documented cases, the roadmap for treatment.

We had an extremely positive discussion with our experts Peter Walk and Adam Jaffe. The mood of the session was calm and confident, and I hope that everyone came away with the clarity they needed. The key message was to exercise caution but to not give way to panic, because the odds are still on our side and the power to stay safe is still in our own (hopefully immaculately washed) hands.

So now we are following up that precious wisdom in a big way. Next week's Consumer Connect will be another COVID-19 special, this time dedicated to pandemic health practices. Our catchy title is **"CF Health in COVID Lockdown – Mental, Physical and Dietary advice from CF Experts"** and we expect a huge online engagement as well because we know our Community understands how crucial it is to live well in hard times.

Here's how to join us online. Follow the link below and sign in or sign up your account, its quick and easy to do. When you sign in you'll be taken to your Consumer Connect dashboard, and click through to our latest session as advertised there. If you sign up for the session early you will be able to post a question to our experts. If there's time there will also be opportunities to post a question in chat.

We want everyone to have some peace of mind in this crisis, because mental and physical well-being are not so easily disconnected. When you are in doubt, do what I do, and call on the experts – this Wednesday evening at 6pm they will most certainly be listening.

<https://cfa.padlokt.com/my-account/login>

Regards



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Cystic Fibrosis Australia