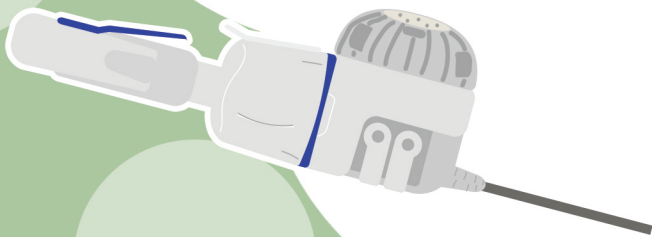


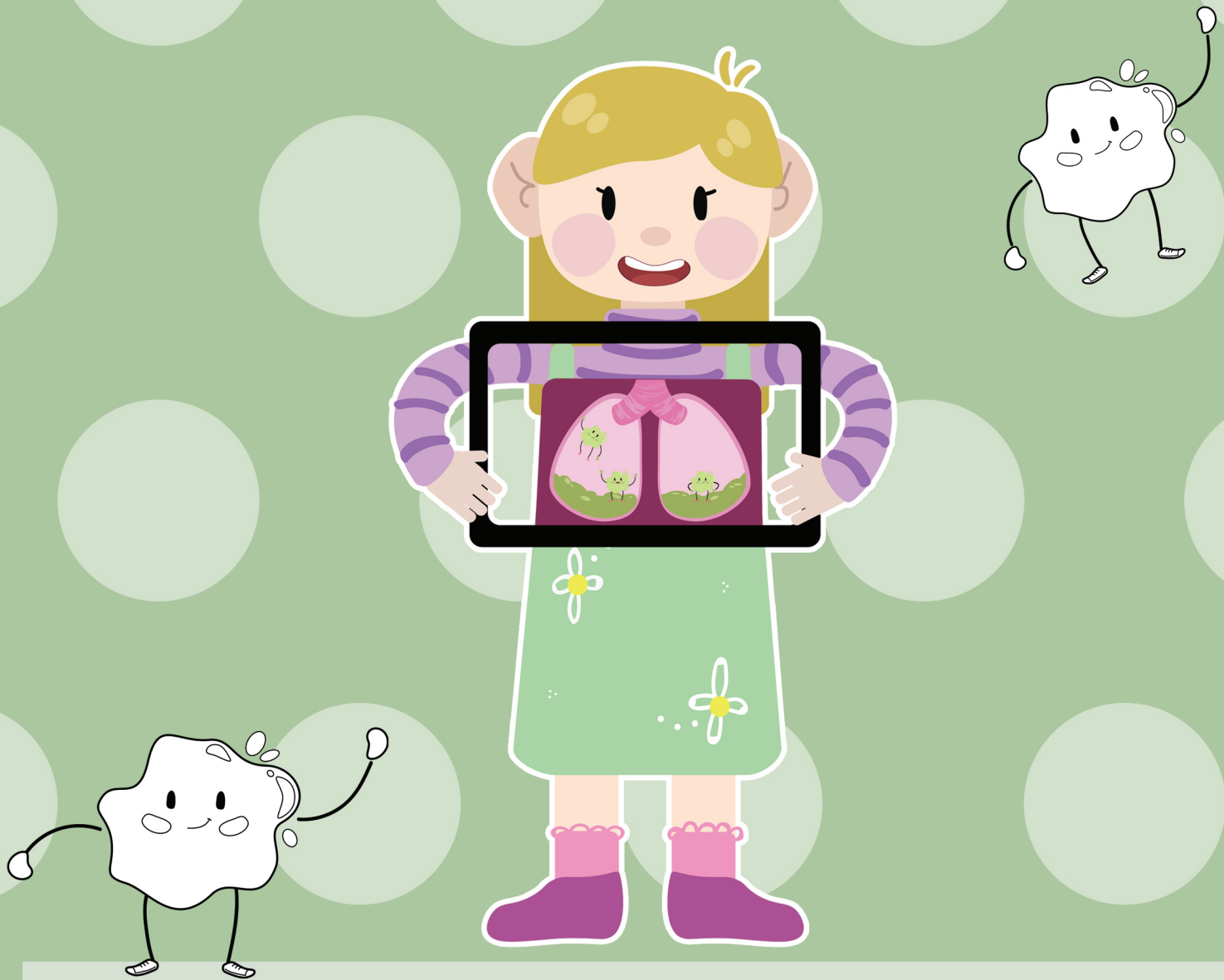
Washing the Nebuliser



This book
belongs to

.....



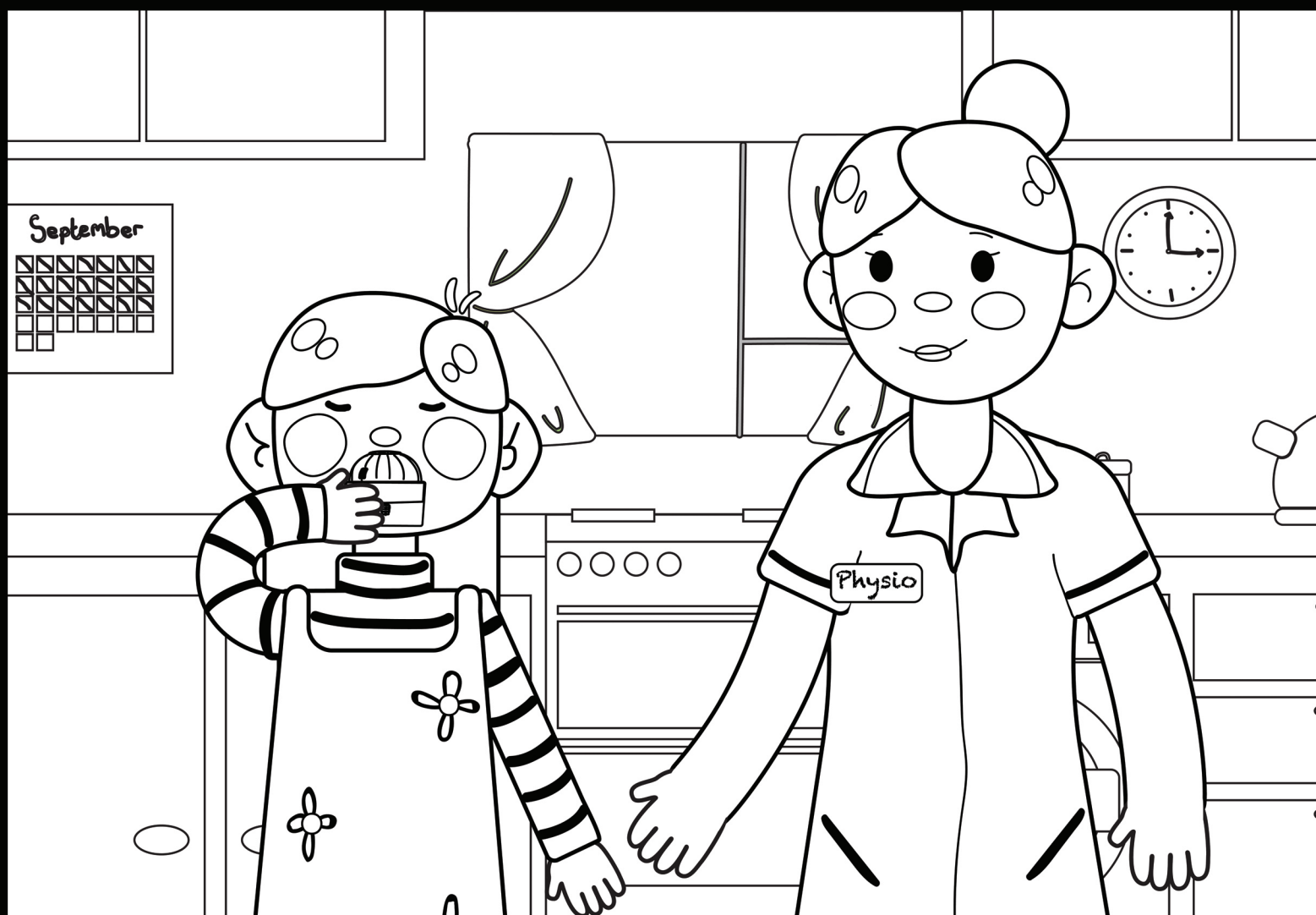


Hi, I'm Zara. I was born with **CYSTIC FIBROSIS**
This means sticky mucus builds up in many organs
of my body, particularly the lungs, which makes
me cough a lot.



I have to take nebulisers every day as part of my treatment. A nebuliser helps send medicine to my lungs.

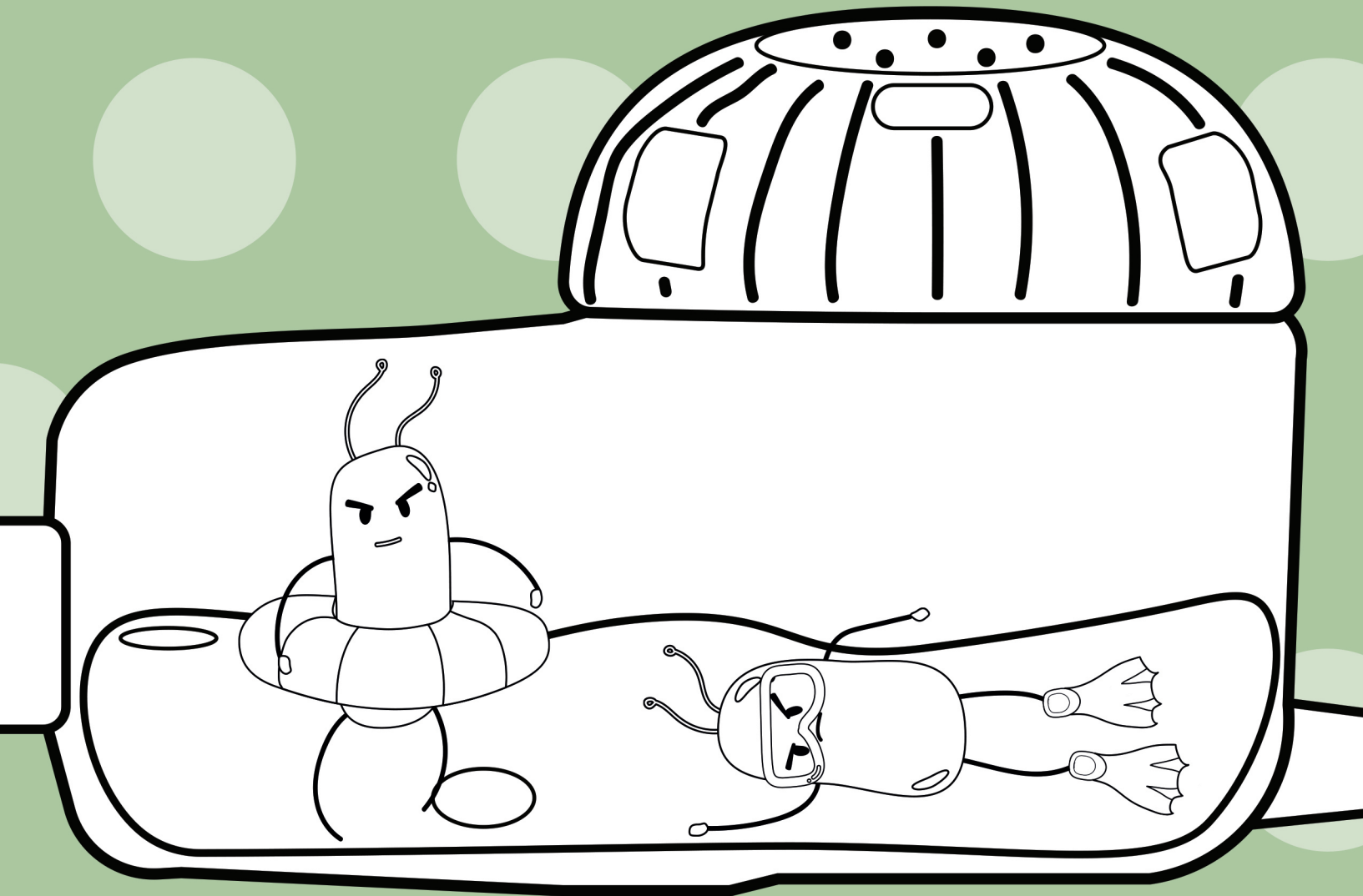
I have to take a nebuliser before I do my physio. Sometimes I have to take it after as well. This takes up a lot of time, so my mummy or my physio washes my nebuliser after I use it.



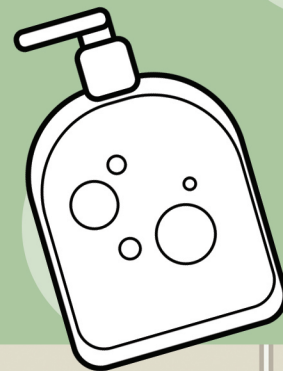


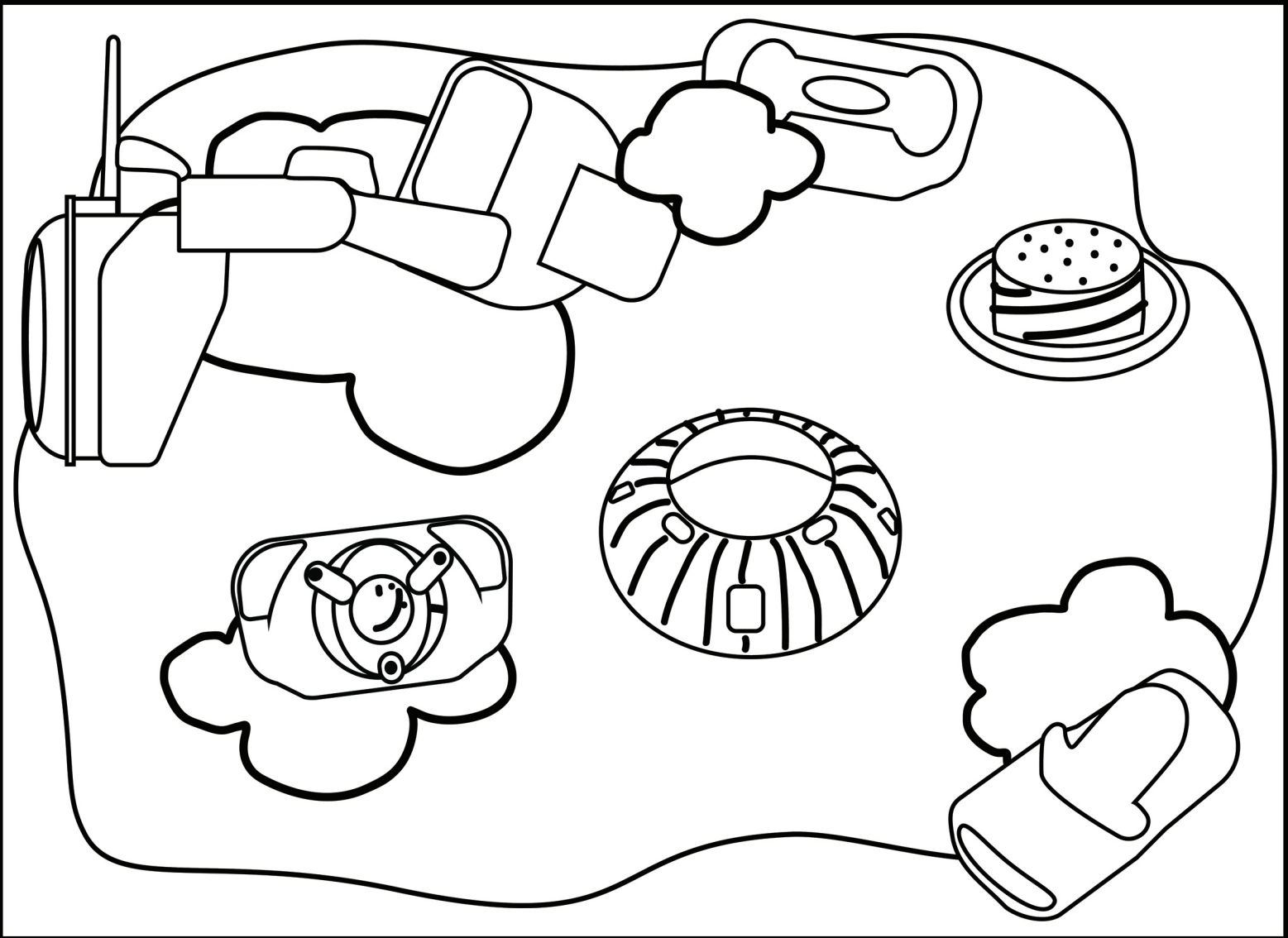
It is extremely important to wash your nebuliser after every time you use it. There are two reasons why. **FIRSTLY**, the nebuliser can get sticky from the medicine and then not work properly.

SECONDLY, the bugs such as bacteria love to play around in the nebuliser so we want to wash them away. Let me show you how ...



Let's start by washing our hands.





Then you take the nebuliser all apart. Next you wash all the parts in a basin containing hot soapy water. Rinse off the bubbles with cold water and then pop them into the disinfectant.

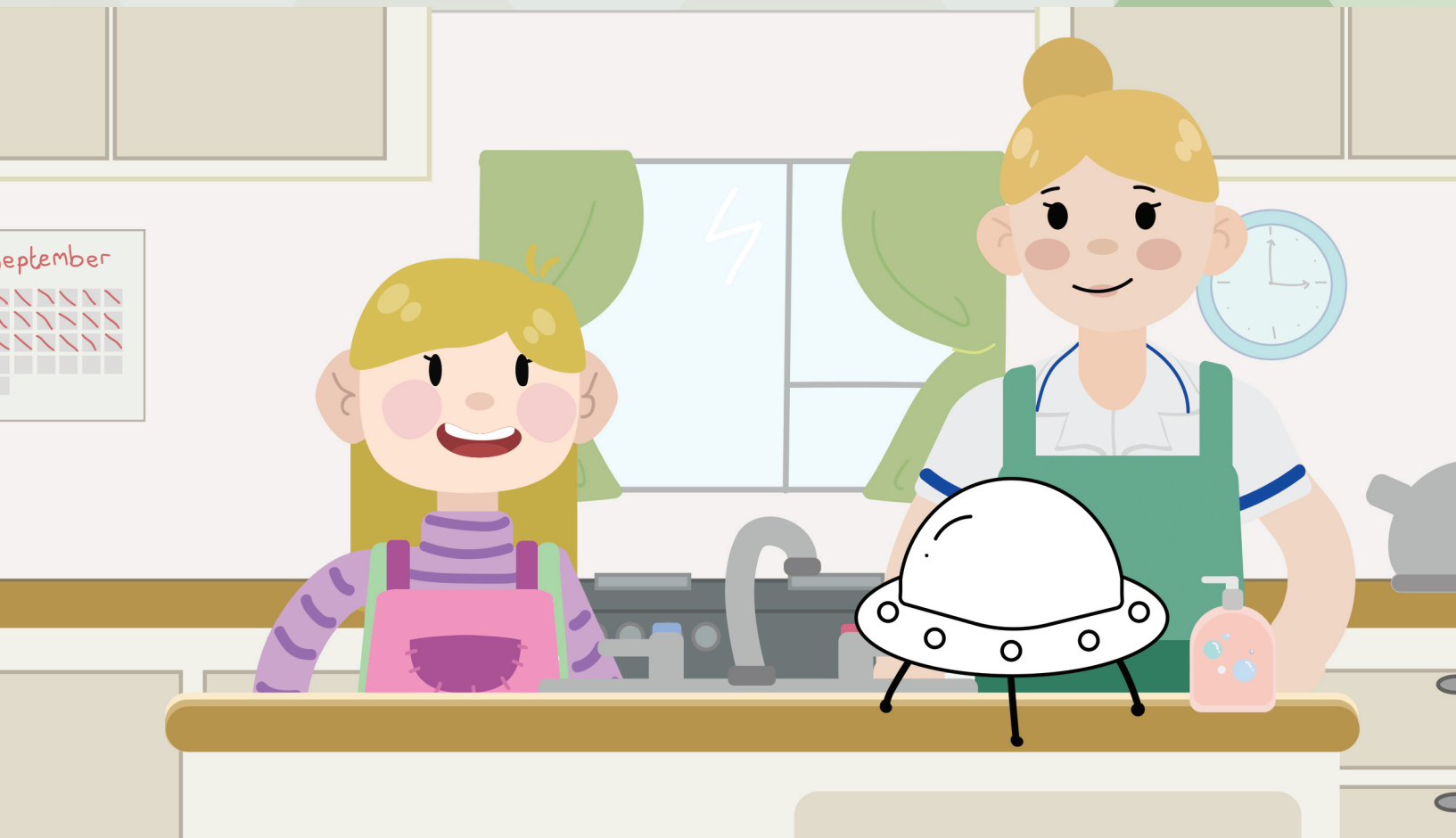
“But I thought that was for baby bottles?” asked Zara.

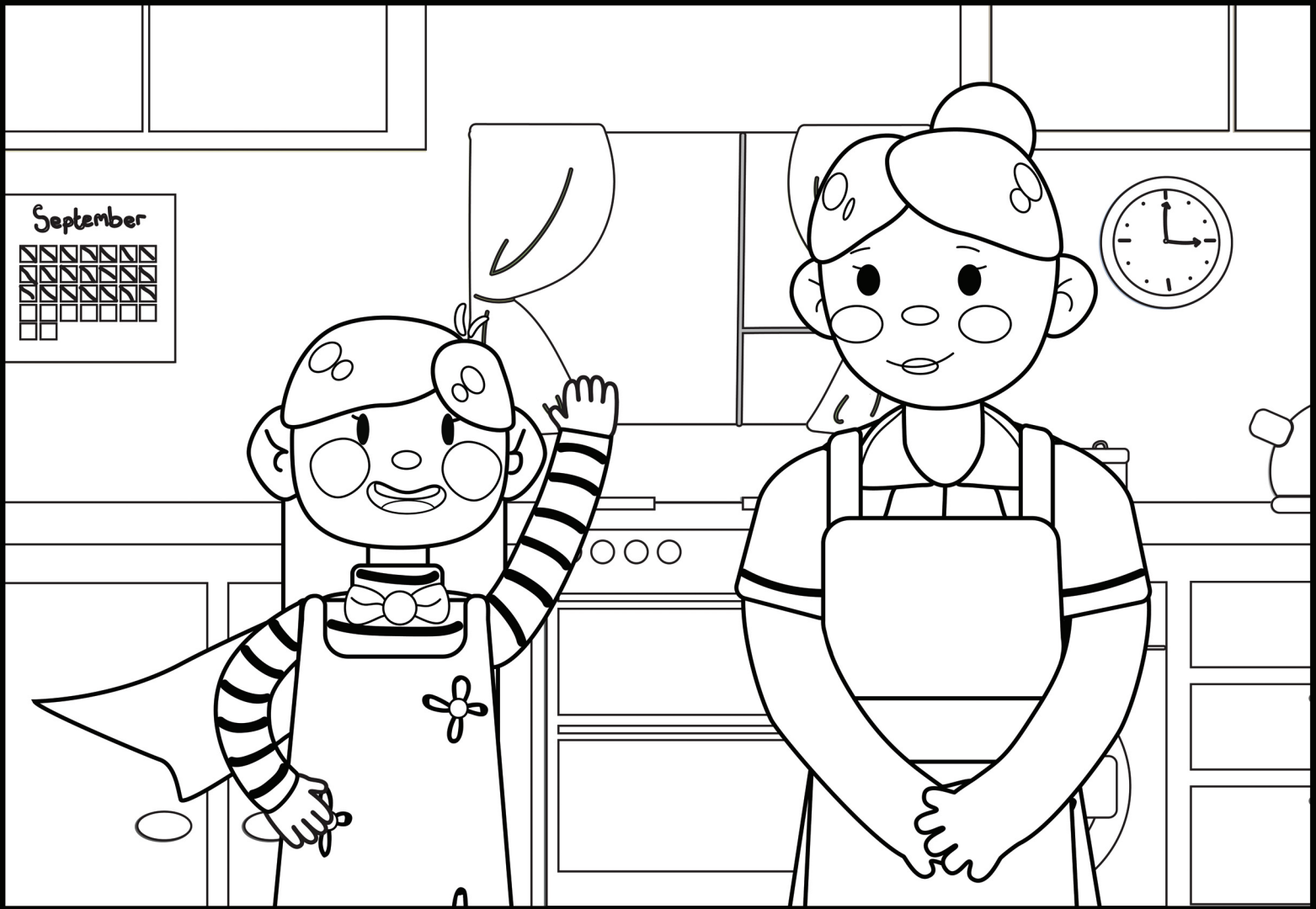
“You’re right Zara! The steam kills all the nasty bugs and makes the bottles safe for babies, and makes the nebuliser safe for you! You can leave it safely inside until you need it the next time.”

“That’s really quick and easy to do,” agreed Zara.

“So Zara, always wash and disinfect your nebuliser after every time you use it.”

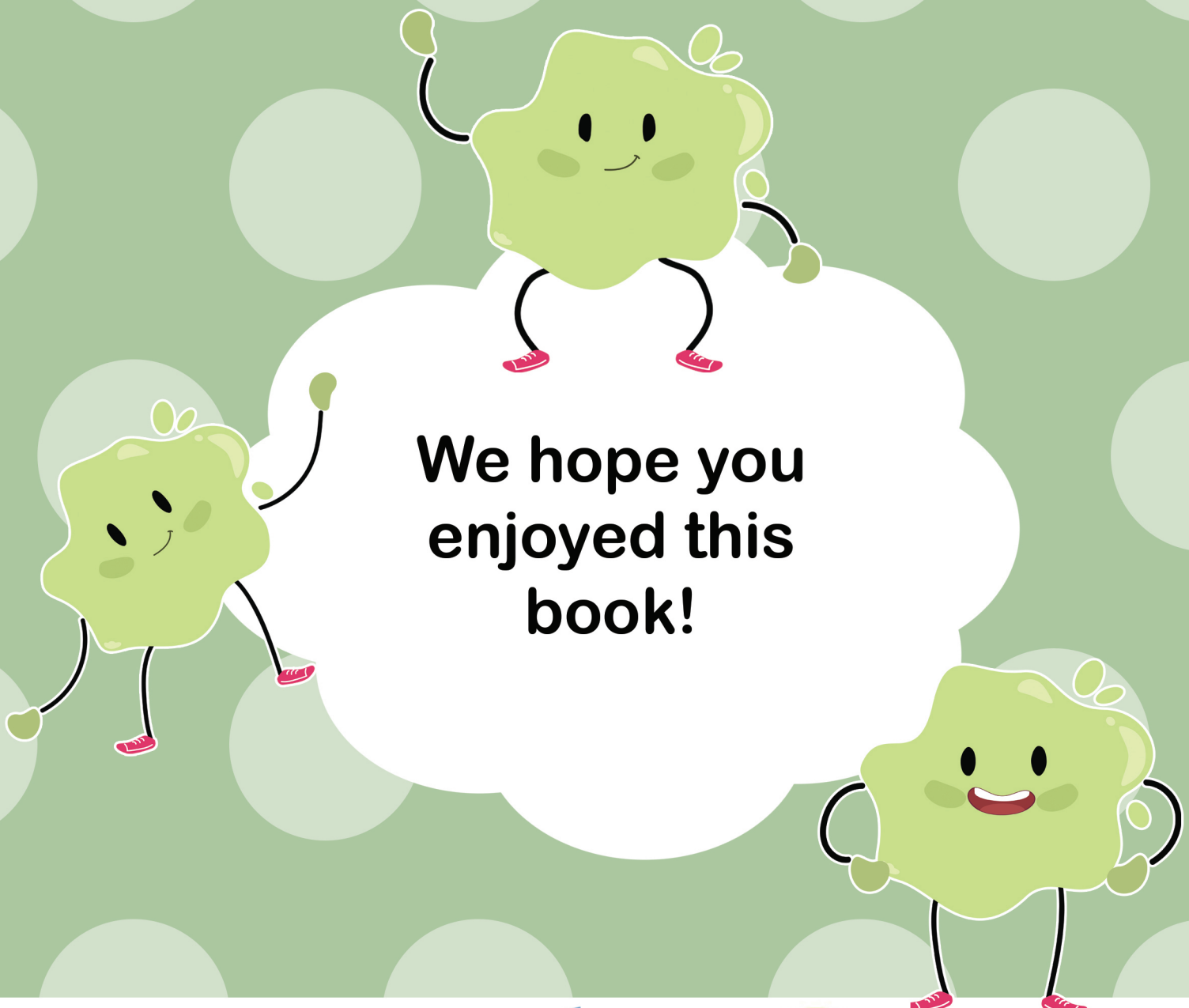
“Thanks Jane, now I understand why it is important to look after my nebuliser and keep it clean.”





YAY! We have won the fight against the bugs again!





**We hope you
enjoyed this
book!**

