

Date _____

Dear _____,

My name is _____, and I'm in your _____ class.
I'm writing to let you know that I have a condition called cystic fibrosis (CF) that may impact my health during the upcoming school year.

A little bit about CF

CF is a progressive, genetic disease that affects the lungs, digestive system, and other parts of the body. It also makes people who live with it more vulnerable to getting sick. CF is not contagious.

► Because of my CF, I may:

- **Cough during class** to clear mucus from my lungs
- **Need to eat during class** to ensure I get necessary calories and nutrients to stay healthy
- **Be absent or need to leave class** due to doctor appointments or unexpected illness.
I will make every effort to communicate my absence in advance

► Other students with CF

Please let me know if you're aware of any other students in your class with CF so I can make necessary arrangements. Medical studies show that people with CF are at particular risk of spreading certain germs among others with CF.

If you need any additional information or would like to schedule a meeting, please let me know.

Thank you for your understanding. I look forward to attending your class.

Best regards,

Phone: _____

E-mail: _____

Emergency contact: _____