

Caring for a Child With Congenital Athymia

Children with congenital athymia need special care. Because children born with this condition have a compromised immune system, one of the most important things you can do is to limit their exposure to infectious germs. Even a simple common cold can be life threatening. This guide provides helpful strategies for parents and caregivers to be shared with family members and household visitors.



Jayla, child with congenital athymia

athymia
insights

Ways to Keep Your Home Healthy

Talk with your doctor about creating a plan to keep your home healthy. Guidance available to families and caregivers generally includes, but is not limited to, these precautions:

- Physically isolating children with congenital athymia to avoid coming into contact with germs that can cause infections can include:



- *Restricting visits to your home by anyone outside your immediate household*
- *Avoiding taking children with congenital athymia to public places, especially those frequented by other children who may be carrying infectious germs*

- Wipe down any items coming into the home, ideally with disinfectant products
- Make it a habit for everyone in your household to frequently wash their hands with antibacterial products
- Have family members and visitors use masks, gowns, and gloves when coming into contact with a child with congenital athymia
- Let school officials know you need to be told about any outbreaks or illnesses at school that siblings might bring home
- Encourage your community of family, other caregivers, and teachers to learn more about the life-threatening nature of congenital athymia
- Set up a sanitation station at the entrance to your home to allow visitors to disinfect, remove shoes, and put on masks, gowns, and gloves
- Frequently clean household surfaces and items that are touched a lot like doorknobs, cell phones, tablets, car keys, and remote controls
- Make plans for where other members of your household can go if they are feeling sick, such as staying with a friend or family member



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