

Primary immunodeficiencies

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Further information and support

This booklet has been produced by the International Patient Organisation for Primary Immunodeficiencies (IPOPI). A companion booklet titled *'Primary immunodeficiencies — Treatments for primary immunodeficiencies: a guide for patients and their families'* is also available.

For further information, and details of PID patient organisations in 40 countries worldwide, please visit www.ipopi.org.

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**Immune Deficiencies Foundation
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For more information about Primary Immune Deficiency Disorders
and Patient support services, please write to:

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Or visit our website: www.idfnz.org.nz

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Stay healthy! A guide for patients and their families



Sleep

People with PIDs should make sure they get plenty of sleep, as this is important to health. The right amount of sleep will depend on the patient's age. If they are in any doubt, parents and carers should ask their doctor or nurse how many hours of sleep their child needs.

People with PIDs should not smoke, as this can cause chest infections. If possible, they should ask others around them not to smoke too. Parents of children with PIDs should not smoke.

Sexual life

People with PIDs should take precautions to avoid sexually transmitted diseases, for example through the use of condoms.

