

LIVING WITH WHIM SYNDROME

TIPS FOR LOWERING INFECTION RISKS

WHIM syndrome is a rare and difficult-to-diagnose primary immunodeficiency in which the body's immune system does not function properly and has trouble fighting infections, especially respiratory, ear, and skin infections.

There are steps that people living with WHIM and their families and friends can take to help lower the risk of infection.

AT HOME

Each member of your household can help!

- Keep surfaces clean and disinfected
- Practice proper handwashing techniques
- Decide on and follow your rules for visiting with friends and family. This may include postponing visits with others if there are any signs of illness.

AROUND OTHERS

People living with WHIM syndrome and loved ones alike can:

- Avoid crowds in areas with poor ventilation
- Wear a mask
- Practice proper handwashing techniques
- Avoid contact with people who show symptoms of illness
- Make sure vaccinations are up-to-date

Talk to your doctor about your hobbies, work, and lifestyle, and any special precautions that may be needed. For example, be sure to share if you have pets, swim in fresh water, exercise at a gym, etc.

