



Limited Population

Reducing MAC exposure starts at home

Mycobacterium avium complex (MAC) bacteria are very common in the environment and can be found in water and soil particles, as well as in dirt and dust. While not everyone is at risk of getting MAC lung disease, people with underlying lung conditions like bronchiectasis, COPD, and asthma are at greater risk. That's because certain lung conditions that cause damage to the lungs make it difficult to clear MAC bacteria. It's important to remember that MAC lung disease is tough and takes time to treat and manage. That's why it's important to partner with your doctor, keep the lines of communication open, and establish a plan.

Here's something else you can do: take steps around your home to help reduce exposure.

Bedroom

MAC bacteria can live in your bedroom

Here are some simple ways you can limit exposure:



Bacteria may be found in the moisture from humidifiers

Before using one in your home, talk to your doctor.



Air from your HVAC humidifier has the potential to carry the MAC bacteria

If you have an HVAC humidifier, you may want to limit or turn off your humidifier to help reduce your risk.

Bathroom

The bathroom contains a few spots that pose a risk of MAC exposure

You'll want to watch out for a few things:



The less steam and mist, the better

Avoid shower heads with small holes to reduce the mist and limit your time in the shower. This will help to reduce your exposure of aerosolized droplets.



Avoid bacterial buildup by cleaning your showerhead often

Have a conversation with your doctor about which cleaning products to use—like bleach or vinegar.



A good bathroom exhaust fan helps remove air and moisture from the room quickly

The faster the moisture is removed, the better.

Learn about adding the **first and only FDA-approved treatment** used in combination with multidrug therapy for adults who still test positive for MAC lung disease after at least 6 months on multidrug treatment alone.

ARIKAYCE was approved by FDA using the Limited Population pathway. This means FDA has approved this drug for a limited and specific patient population, and studies on the drug may have only answered focused questions about its safety and effectiveness.

IMPORTANT SAFETY INFORMATION AND BOXED WARNING

ARIKAYCE is associated with a risk of increased respiratory adverse reactions including allergic inflammation of lungs, coughing up blood, severe breathing problems and worsening of COPD.

Please see additional Important Safety Information throughout and full [Prescribing Information](#), including Boxed Warning, at [ARIKAYCE.com](#).

Kitchen

MAC bacteria can be present in the water you drink

Try these tips to better prepare your kitchen:



Boiling water can kill MAC bacteria

To reduce exposure, boil your unfiltered drinking water.



Think before using water from your fridge or ice from your freezer

This may carry MAC bacteria. Instead, consider using boiled water or UV-C filtered water to make your ice.

Living Room

Before you unwind in your living room, see how you can limit your exposure to MAC bacteria

Taking these steps can help:



Stay clean

Keep hand sanitizer nearby for when you're not near a sink so you can keep your hands clean.



Vacuum cleaner exhaust and dust may expose you to MAC bacteria

Protect yourself by wearing a face mask when changing the bag or cartridge.

IMPORTANT SAFETY INFORMATION AND BOXED WARNING (cont'd)

ARIKAYCE can cause serious side effects, including:

- **allergic inflammation of the lungs.** These respiratory problems may be symptoms of allergic inflammation of the lungs and often come with fever, wheezing, coughing, shortness of breath, and fast breathing
- **coughing up of blood (hemoptysis).** Coughing up blood is a serious and common side effect of ARIKAYCE
- **severe breathing problems.** Severe breathing problems can be symptoms of bronchospasm. Bronchospasm is a serious and common side effect of ARIKAYCE. Bronchospasm symptoms include shortness of breath, difficult or labored breathing, wheezing, and coughing or chest tightness
- **worsening of chronic obstructive pulmonary disease (COPD).** This is a serious and common side effect of ARIKAYCE
- **serious allergic reactions.** Serious allergic reactions that may lead to death have happened to people who take ARIKAYCE. Stop taking ARIKAYCE right away and get emergency medical help if you have any of the following symptoms of a serious allergic reaction: hives, itching, redness or blushing of the skin (flushing), swollen lips, tongue or throat, trouble breathing or wheezing, shortness of breath, noisy high-pitched breathing (stridor), cough, nausea, vomiting, diarrhea, feel cramps in your stomach area, fast heart rate, feeling light headed, feeling faint, loss of control of the bowels or bladder (incontinence), and dizziness

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Garage

Wondering where there are MAC bacteria in your garage?

Let's take a look at where to make improvements in this area:



Turn it up

If it's safe for you and your family, turn your water heater up to 130°F. This can kill bacteria in your water.



Watch out for stray clippings

Don't let your lawn mower carry grass into your garage. Keep in mind that grass can irritate your lungs and cause inflammation and mucus buildup—making it hard to breathe.

Backyard

Reducing MAC exposure can happen outside of the house just as much as inside

This is what you need to know:



Keep your lawn moist

When soil is damp, your yard is less likely to get dusty. Consider keeping your lawn dewy and wearing a mask to protect yourself against dust.



Prioritize your lung health

While you take protective measures to keep your lungs healthy, remember that smoking is the leading cause of lung problems and lung cancer.

Ready to take action?
Consider making these changes in your home today.

Find support and resources to help you throughout your journey at [ARIKAYCE.com](https://www.ARIKAYCE.com)

IMPORTANT SAFETY INFORMATION AND BOXED WARNING (cont'd)

While using ARIKAYCE, these side effects may become serious enough that treatment in a hospital is needed. Call your healthcare provider or get medical help right away if you have any of these serious side effects while taking ARIKAYCE. Your healthcare provider may ask you to stop using ARIKAYCE for a short period of time or completely stop using ARIKAYCE.

Do not use ARIKAYCE if you are allergic to any aminoglycoside, or any of the ingredients in ARIKAYCE.

Before using ARIKAYCE, tell your healthcare provider about all medical conditions, including if you:

- have asthma, COPD, shortness of breath, or wheezing (bronchospasm)

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IMPORTANT SAFETY INFORMATION AND BOXED WARNING (cont'd)

Before using ARIKAYCE, tell your healthcare provider about all medical conditions, including if you: (cont'd)

- have been told you have poor lung function
- have hearing problems, such as ringing in your ears or hearing loss
- have dizziness or a sense of the room spinning
- have kidney problems
- have neuromuscular disease, such as myasthenia gravis
- are pregnant or plan to become pregnant. It is not known if ARIKAYCE can harm your unborn baby. ARIKAYCE is in a class of medicines that may be connected with complete deafness in babies at birth. The deafness affects both ears and cannot be changed
- are breastfeeding or plan to breastfeed. It is not known if the medicine in ARIKAYCE passes into your breast milk and if it can harm your baby. Talk to your healthcare provider about the best way to feed your baby during treatment with ARIKAYCE

Tell your healthcare provider about all the medicines you take, including prescription medicines and over-the-counter medicines, vitamins, and herbal supplements.

ARIKAYCE may cause serious side effects, including:

- **hearing loss or ringing in the ears (ototoxicity).** Ototoxicity is a serious and common side effect of ARIKAYCE. Tell your healthcare provider right away if you have hearing loss or you hear noises in your ears, such as ringing or hissing. Tell your healthcare provider if you start having problems with balance or dizziness (vertigo)
- **worsening kidney problems (nephrotoxicity).** ARIKAYCE is in a class of medicines which may cause worsening kidney problems. Your healthcare provider may do a blood test to check how well your kidneys are working during your treatment with ARIKAYCE
- **worsening muscle weakness (neuromuscular blockade).** ARIKAYCE is in a class of medicines which can cause muscle weakness to get worse in people who already have problems with muscle weakness (myasthenia gravis)

The most common side effects of ARIKAYCE include:

changes in voice and hoarseness (dysphonia), cough during or after a dose of ARIKAYCE, especially in the first month after starting treatment, muscle pain, sore throat, tiredness (fatigue), diarrhea, nausea, headache, fever, decreased weight, vomiting, rash, increased sputum, or chest discomfort.

These are not all of the possible side effects of ARIKAYCE.

Call your doctor or pharmacist for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

What is ARIKAYCE?

ARIKAYCE is used in combination with multidrug therapy for adults who still test positive for MAC lung disease after at least 6 months on multidrug treatment alone.

ARIKAYCE was approved by FDA using the Limited Population pathway. This means FDA has approved this drug for a limited and specific patient population, and studies on the drug may have only answered focused questions about its safety and effectiveness.

ARIKAYCE was studied in adult patients. It is not known if ARIKAYCE is safe and effective in children younger than 18 years of age.

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