HHS

CDC

Toolkit: Fact Sheets for Chronic Fatigue Syndrome

A CFS toolkit will help break the cycle of frustration by providing a quick and easy-to-use resource for clinical care. In less than 30 minutes, you will be able to review the best practices related to diagnosing and managing CFS. You will also learn about other credible resources, ongoing CFS research and continuing education opportunities.

In addition to the series of six fact sheets posted below, the toolkit will be expanded to include a health care professional resource guide and a link to access continuing education courses. Please visit regularly for updates.

- **CFS Overview**
  PDF (3 Pages / 32 KB)
- **Diagnosing CFS**
  PDF (4 pages / 73 KB)
- **Managing Symptoms**
  PDF (3 Pages / 57 KB)
- **Managing Supportive Care**
  PDF (2 Pages / 21 KB)
- **Cognitive Behavioral Therapy**
  PDF (2 Pages / 43 KB)
- **Managing Activity**
  PDF (3 Pages / 29 KB)

  Graded Exercise Therapy (GET) - Read more about Graded Exercise Therapy or download the self-guide booklet, from St. Bartholomew's Hospital:
  GET Guide
- **Provider Resource Guide**
  PDF (2 Pages /219 KB)

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http://www.cdc.gov/cfs/toolkit.htm