

Cough Etiquette & Respiratory Hygiene

IN HEALTH CARE SETTINGS

INFORMATION SHEET

STAFF

- Cover nose/mouth when coughing, sneezing or spitting
- Use tissues to contain respiratory secretions and dispose them in the nearest waste bin or waste bag after use
- Perform hand hygiene after having contact with respiratory secretions and contaminated objects/materials by either:
 - *Hand washing with cleaning solution and water; or
 - *Alcohol-based hand gel or rub
- Persistent coughs lasting longer than 2 weeks should be medically assessed

PATIENTS & VISITORS

- Patients and visitors should be encouraged to cover the nose/mouth when coughing sneezing or spitting
- Use tissues to contain respiratory secretions and dispose them in the nearest waste bin or waste bag after use
- Patients and visitors should be encouraged to wash hands with soap and water after covering a cough, sneeze or spitting
- Visitors with signs and symptoms of respiratory infection should be sensibly discouraged from visiting patients

***HELP PREVENT THE TRANSMISSION
OF RESPIRATORY INFECTIONS
INCLUDING INFLUENZA (FLU)***