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)