

EDUCATIONAL TOOL FOR RESPIRATORY HYGIENE /COUGH ETIQUETTE

WHAT IS RESPIRATORY HYGIENE /COUGH ETIQUETTE?

Germs can be spread by people who have a contagious (spread to another person or organism by direct or indirect contact) respiratory infection when contaminated aerosols or body fluid substance are released from the person as a spray. Examples of when aerosols can be released is when a person is singing, sneezing and or coughing.

While the most commonly thought of timing of germs spreading by someone with a respiratory infection is the late Fall and Winter because of time spent indoors and illness such as the flu, however, cough etiquette is appropriate throughout the year.

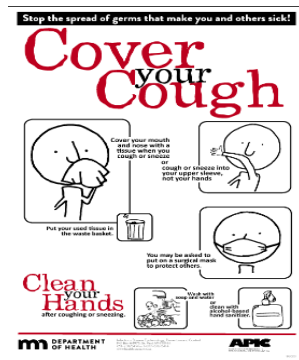
In order to promote Respiratory Hygiene/Cough Etiquette specific materials should be supplied and certain behaviors must be promoted.

If possible the facility should provide:

- Appropriate posters to be displayed to pictorially demonstrate the steps to “Respiratory Hygiene/Cough etiquette
- Provide tissues for the person to use to cough and/or sneeze into
- Provide easy access to a trash receptacle for the nearest disposal of the used tissue
- Provide waterless alcohol-based hand rub for people to use
- Provide masks if possible for those visitors or occupants to use if they are exhibiting signs of a possible respiratory illness

For those exhibiting symptoms:

- Cover your mouth and nose when coughing and /or sneezing
- Use the nearest trash receptacle to dispose of your tissue and
- Perform conscientious hand hygiene
- Wear an appropriate mask to protect others from a potentially contagious respiratory illness and
- Maintain social distancing
- For those visitors experiencing symptoms please refrain from visiting



RESPIRATORY HYGIENE/COUGH ETIQUETTE EDUCATIONAL TOOL POST QUESTIONNAIRE

1. Why is Respiratory Hygiene/Cough Etiquette important and who does it protect?
2. Aerosols can be released is when a person is singing, sneezing and or coughing causing germs to be spread by people who have what type of illness ?
3. True or False: Respiratory Hygiene/Cough Etiquette are only appropriate for two months out of the year.

TRUE OR FALSE

4. If possible the facility should provide: (check all that apply)
 - Appropriate posters to be displayed to pictorially demonstrate the steps to the dance song The Electric Slide
 - Provide tissues for the person to use to cough and/or sneeze into
 - Provide easy access to a trash receptacle for the nearest disposal of the used tissue
 - Provide waterless alcohol-based hand rub for people to use
 - Provide masks if possible for those visitors or occupants to use if they are exhibiting signs of a possible respiratory illness