



Respiratory Etiquette

? What is a Respiratory Illness?

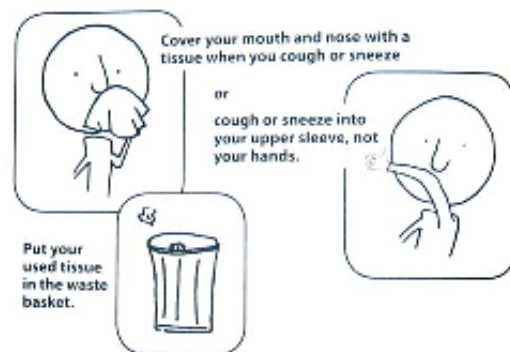
Respiratory tract infections are the illnesses caused by an acute infection which involves the respiratory tract. Upper respiratory infections (URI) involve the nose, sinuses, back of throat or voice box; lower respiratory infections involve the lungs and bronchi (tubes that lead into the lungs). Serious respiratory illnesses caused by viruses like influenza (Flu), respiratory syncytial virus (RSV) and bacteria like pertussis (whooping cough) are spread by droplets that are coughed or sneezed into the atmosphere.

? What is Respiratory Etiquette?

Respiratory etiquette helps to stop the spread of germs. Covering your cough & sneeze will stop the spread of germs that make you and others sick!

It is easy to perform respiratory etiquette

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in the waste basket.
 - **If you don't have a tissue, cough or sneeze into your upper sleeve or arm, *not* your hands.**
- Clean your hands after coughing or sneezing
 - With alcohol-based hand cleaner or wash with soap and water.



Note: Based on your symptoms, you may be asked to put on a surgical mask to protect the patients, staff and other visitors.

? How do I clean my hands correctly?

Using alcohol-based hand rub (ABHR):

- Apply a quarter size amount gel into palm of one dry hand
- Rub hands together covering all surfaces of hands and fingers until dry, 15 – 20 seconds



Alcohol-based hand rub



Bacti-Stat soap

- Wet hands with warm water
- Apply a quarter size amount of soap into palm
- Rub hands together for 15 seconds, covering **all** surfaces of the hands and fingers with soap
- Rinse hands thoroughly
- Dry hands with paper towel
- Use a towel to turn off faucet
- Throw the towel in the trash container

Using soap and water:

Questions: Ask your doctor or nurse, or call Infection Control 353-4343