

Respiratory Hygiene/Cough Etiquette

The following measures to contain respiratory secretions are recommended for all individuals with signs and symptoms of a respiratory infection.

- Cover your mouth and nose with a tissue when coughing or sneezing;
- Use in the nearest waste receptacle to dispose of the tissue after use;
- Perform hand hygiene (e.g., hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic handwash) after having contact with respiratory secretions and contaminated objects/materials.

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

If a resident is on ISOLATION a sign will be posted at the room and you will need to follow these precautions.

Contact Isolation:

1. Wash or use sanitizer on your hands when entering the facility.
2. Put on gloves and a gown prior to entering the isolation room.
3. Remove your gloves and gown before you leave the room and place them in the red lined trash can.
4. Wash or sanitize your hands prior to leaving the facility.
5. Please do not visit a resident in the facility if you are ill or have been exposed to someone who is ill.



Droplet Isolation:

1. Wash or use sanitizer on your hands when entering the facility.
2. Put on gloves, a mask and a gown prior to entering the isolation room.
3. Remove your gloves and gown before you leave the room and place them in the red lined trash can.
4. Wash or sanitize your hands prior to leaving the facility.
5. Please do not visit a resident in the facility if you are ill or have been exposed to someone who is ill.

If you have questions go to the nurse's station.