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3RD EDITION

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Respiratory Etiquette

- Respiratory Etiquette is as easy as covering your nose & mouth when you cough or sneeze.
- Respiratory Etiquette will help stop the spread of disease by ‘respiratory droplets’.
- Respiratory Etiquette will help to protect you and your loved ones from getting sick, or causing others to get sick.

How do I practise Respiratory Etiquette?

- Cover your mouth and nose when coughing or sneezing.
- Cough or sneeze into elbow rather than hands.
- Always use a tissue if possible.
- Dispose of used tissues in the bin.
- Wash your hands with soap and water or an alcohol hand rub.
- Encourage your family, friends & children to practise good hand hygiene.

Hand Hygiene

Did you know... Colds and the Flu are mostly spread via the hands!

- Keep your hands clean by either washing hands with soap and water or using the alcohol hand rub provided.
- Wash your hands after: using the toilet, patting animals, coughing or sneezing, blowing your nose, handling rubbish, smoking & before eating… every time.

Cover your cough!

*International studies have proven that good hand hygiene reduces the risk of catching the flu and common colds.*

If you are asked by staff in the hospital to wear a mask please do not be offended. This is in your best interest and in the interest of those around you.

By practising ALL of the listed tips for Respiratory Etiquette you will have the greatest chance of remaining well and can help stop yourself and others from getting sick.