

Respiratory Etiquette & Hand Hygiene Procedures

Respiratory Etiquette Procedures

1. Cover your mouth and nose with a tissue when you cough or sneeze.
2. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
3. Put your used tissue in the waste basket.
4. Clean your hands after coughing or sneezing
5. Wash with soap and water or clean with alcohol-based hand cleaner.

Hand Hygiene

Wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands.

When washing hands with soap and water:

1. Wet your hands with clean running water and apply soap. Use warm water if it is available.
2. Rub hands together to make a lather and scrub all surfaces.
3. Continue rubbing hands for 20 seconds.
4. Rinse hands well under running water
5. Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet
6. If soap and water are not available, use alcohol-based gel to clean hands.

When should you wash your hands?

1. Before preparing or eating food
2. After going to the bathroom
3. After changing diapers or cleaning up a child who has gone to the bathroom
4. Before and after tending to someone who is sick
5. After blowing your nose, coughing, or sneezing
6. After handling an animal or animal waste
7. After handling garbage
8. Before and after treating a cut or wound

For more information: <http://www.cdc.gov/flu/protect/stopgerms.htm>