

6 SIMPLE STEPS

RESPIRATORY HYGIENE FOR STAFF OF HEALTHCARE FACILITIES

TO STAYING HEALTHY AND PREVENTING TRANSMISSION OF RESPIRATORY-LIKE ILLNESS

1



Cover your nose or mouth with your hand or a tissue when coughing or sneezing

4



If you have a persistent cough you should see a doctor

2



Dispose of the used tissue in the nearest garbage bin

5



Reinforce respiratory hygiene and cough etiquette with patients and visitors

3



Remember to wash your hands with soap and water or an alcohol based handrub after coughing or sneezing into hands or tissues

6

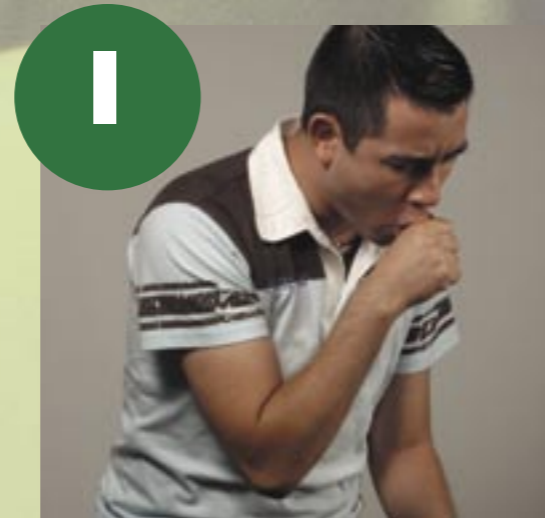


It is important to offer surgical masks to people in common waiting areas, if they have a respiratory like illness with a cough

5 SIMPLE STEPS

TO STAYING HEALTHY AND PREVENTING THE SPREAD OF RESPIRATORY-LIKE ILLNESS

RESPIRATORY HYGIENE FOR PATIENTS AND VISITORS



1 Cover your nose or mouth with your hand or a tissue when coughing or sneezing



4 In a common waiting area, if you have a respiratory illness with a cough, a health professional may suggest you sit at least a metre away from other people. They may also ask you to wear a surgical mask to protect others



2 Dispose of the used tissue in the nearest garbage bin



3 Remember to wash your hands with soap and water after coughing or sneezing into hands or tissues



5 If you are coughing or sneezing or have other signs of respiratory illness you should avoid visiting patients in hospital