

SOP 2 Respiratory hygiene and cough etiquette

Respiratory hygiene is vital to prevent the spread of respiratory infections (influenza and colds) via aerosol and droplet contamination.

- 2.1 Waiting rooms should display respiratory hygiene posters (Appendix VII) leaflets and supply non risk waste bins to dispose of soiled tissues. Posters are available by accessing link below

<https://www.hpsc.ie/az/respiratory/influenza/seasonalinfluenza/infectioncontroladvice/respiratoryhygieneposters/>

- 2.2 Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should follow respiratory hygiene and cough etiquette:
- Cover nose/mouth with a tissue when coughing/sneezing and dispose of used tissue in non-healthcare risk waste bin and perform hand hygiene.
 - If no tissues are available, cough or sneeze into the inner elbow (upper sleeve) rather than into the hand.
 - Keep contaminated hands away from the mucous membranes of the eyes and nose.
 - Carry out hand hygiene after contact with respiratory secretions and contaminated objects/materials.

COVER YOUR COUGH AND SNEEZE THE RIGHT WAY



DO

Use a tissue and place it immediately in the bin.
Wash your hands or use a hand sanitiser.



DO

Cough or sneeze into your upper sleeve.
Germs won't spread through your clothing.



DON'T

Cough or sneeze into your hands. You'll end up
spreading germs to everything you touch.



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COVER YOUR COUGH AND SNEEZE

Stop the spread of germs that make people sick



When you cough or sneeze
cover your nose and mouth
with a tissue



or

Cough or sneeze into your
elbow, not your hands.



Throw away your tissue!

Clean your hands after
coughing or sneezing.

Thanks!



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