

Routine Practices

Respiratory Hygiene Information Sheet for Health Care Staff

How to Practice Respiratory Hygiene

Respiratory hygiene includes a combination of measures used to minimize the spread of respiratory germs. It is important to educate and encourage all individuals (patients/residents/clients, staff and visitors) to practice proper respiratory hygiene.

Key Points:

- Cover mouth and nose against a sleeve/shoulder during coughing or sneezing.
- Use tissue to cover the mouth and nose during coughing or sneezing.
- Discard used tissues into the wastebasket promptly.
- Turn the head away from others when coughing or sneezing.
- Keep those with a new cough, shortness of breath and fever, 2 metres away from others.
- Wear a procedure or surgical mask to protect others when coughing or sneezing.
- Perform hand hygiene after coughing or sneezing (use alcohol-based hand rub or soap and water).



Perform hand washing or use hand rub after sneezing or coughing