

## WHEN YOU ARE AT A CLINIC OR HOSPITAL

- Cover your cough or sneeze with a tissue and dispose of the used tissue in the waste basket,
- Clean your hands with soap and water or an alcohol-based hand rub,
- If you have a cough, you will be asked to maintain a 6 feet distance from other people,
- You will be asked to wear a mask to protect others; and
- Don't worry if you see staff and other people wearing masks. They are preventing the spread of germs.



## HAND HYGIENE

Special care must be paid to **hand hygiene** as it is the best way to prevent the spread of germs. **Good hand hygiene includes:**

### **Alcohol-Based Hand Rub**

- Apply to palm of one hand,
- Rub hands together, covering all of hands and fingers,
- Rub until hands feel dry; and
- If hands are visibly dirty you must wash them before using Alcohol Based Hand Rub.

### **Hand Washing**

- Use warm running water and soap,
- Spend at least **15-30** seconds lathering and washing hands,
- Rub hands together, paying attention to finger tips, around rings and thumbs,
- Rinse thoroughly,
- Dry with paper towel and turn off tap with paper towel; and
- Dispose of paper towel in garbage.

**IT'S OK TO ASK NURSES,  
DOCTORS AND OTHER HEALTH  
CARE PROVIDERS IF THEY HAVE  
CLEANED THEIR HANDS**

**REMIND VISITORS TO  
CLEAN THEIR HANDS**

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## COVER YOUR COUGH

Information for Patients,  
Residents, Families &  
Visitors

INFECTION PREVENTION  
& CONTROL PROGRAM

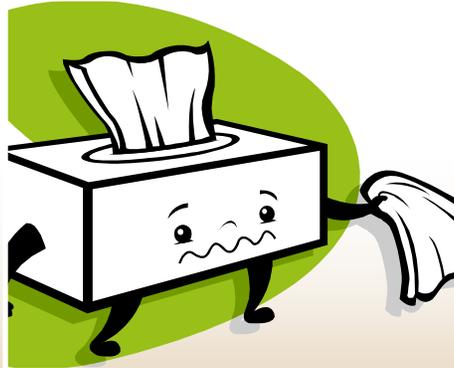
## **WHY SHOULD I COVER MY COUGH?**

- Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough and Severe Acute Respiratory Syndrome (SARS) are spread by:
  - Coughing or sneezing
  - Unclean hands
- These illnesses spread easily in crowded places where people are in close contact. They are spread directly during coughing and sneezing and indirectly on unclean hands.



## **HOW DO I STOP THE SPREAD OF GERMS IF I AM SICK?**

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in a waste basket,
- If you don't have a tissue, sneeze or cough into your sleeve/elbow,
- After coughing or sneezing, always clean your hands with soap and water or an alcohol-based hand rub,
- Stay home when you are sick; and
- Do not share eating utensils, drinking glasses, towels or other personal items.



## **HOW CAN I STAY HEALTHY?**

- Clean your hands often with soap and water or an alcohol-based hand rub,
- Avoid touching your eyes, nose or mouth,
- Avoid close contact with people who are sick, if possible; and
- Get vaccinated! Influenza (flu) and pneumococcal (pneumonia) vaccines can prevent some serious respiratory illnesses.

