

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.
- Don't worry if you see staff and other people wearing masks. They are preventing the spread of germs.

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

REMIND VISITORS TO CLEAN THEIR HANDS.



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

1. Apply to palm of one hand.
2. Rub hands together, covering all of hands and fingers.
3. Rub until hands feel dry.

Hand Washing

1. Remove all jewelry.
2. Use warm running water and soap.
3. Spend at least **15-30** seconds lathering and washing hands.
4. Rub hands together, paying attention to fingertips, between the fingers, and thumbs.
5. Rinse thoroughly.
6. Dry with paper towel and turn off tap with paper towel.
7. Dispose of paper towel in the garbage.

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COVER YOUR COUGH

Information for Clients, Residents, Families, and Visitors

**INFECTION PREVENTION
& CONTROL PROGRAM**
www.easternhealth.ca

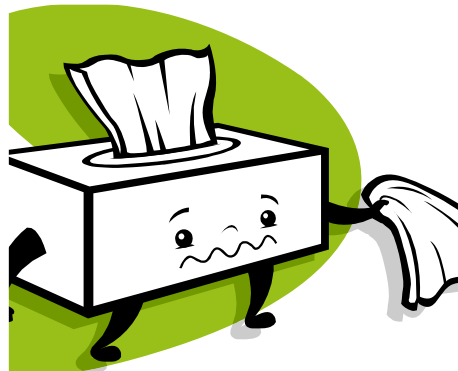
WHY SHOULD I COVER MY COUGH?

- 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 individuals 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 have a cough, practice physical distancing of at least 6 feet between you and others.
- 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 visit others.
- 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 individuals who are sick, if possible.
- Get vaccinated!
 - ⇒ Influenza (flu) and pneumococcal (pneumonia) vaccines can prevent some serious respiratory illnesses.

