6. Respiratory (Cough and Sneeze) Etiquette

Respiratory etiquette should be reinforced with staff, patients and visitors as a personal practice that helps prevent the spread of microorganisms (e.g. colds and influenza).

It is important that you, your patients, and the visitors practice the following routine:

- Visitors should refrain from coming to the health care setting if they have an acute respiratory illness.

- Post signs in appropriate languages at all entrances reinforcing ways to contain coughs and sneezes. (See posters in appendices)

- Give the patient a procedure mask if they have uncontrolled coughing and sneezing.

- Provide procedure masks and/or tissues near entrances (masks with earloops will probably be used more than the ones with the tie straps).

- Turn your head away from others when you cough or sneeze.

- Maintain a 2 metres (6-foot) separation between those with respiratory illness and others.

- Cover your nose and mouth with a tissue when coughing or sneezing.

- Discard used tissues into a garbage container followed by washing hands or using hand sanitizer.

- If tissues are not available, sneeze or cough into your sleeve.

- Provide readily accessible hand sanitizer for staff and the public.

- Avoid touching your eyes or mucous membranes to help prevent germs from gaining access to your body by this route.

- If you have uncontrolled coughing or sneezing that comes on suddenly at work, put on a procedure mask.
• Protect personnel by installing a plexiglas barrier where practical (e.g. registration).

• If the patient finds it difficult to breathe with a mask on and is coughing/sneezing, the health care worker should wear a procedure mask and eye protection.

![Procedure mask and N95 respirator](image.png)

If a tuberculosis infection is suspected, the health care provider must wear a fit-tested N95 mask during patient encounters and the patient must wear a procedure mask when outside of the isolation room.

If there is risk of a splash or a spray to the face then face/eye protection should also be worn.

![Procedure mask with splash and spray face protection](image.png)

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Appendices:

- 2014 Nunavut “Cover your coughs and sneezes “ poster
- Door signs
Cover your coughs and sneezes

Cover your mouth and nose with a tissue.

No tissue: sneeze or cough in your sleeve.

Throw tissues in the trash.

Wash your hands or use hand sanitizer.
Cover your coughs and sneezes

Aiqnut qalakhuqpakluitit
tagyuliruvillu

Cover your mouth and nose with a tissue.
Kakkiiyautimut matuvaklugu qan'ngit qingallu.

Throw tissues in the trash.
Igivaklugit kakkiiyautit iqqakuurvikmut.

No tissue: sneeze or cough in your sleeve.
Kakkiiyautaitkuvit:
Tayuqpaklutit qalakhuqpakluitit aiqnut.

Wash your hands or use hand sanitizer
Uaqpaklugit algaktit halummaqtiritmut.
Cover your coughs and sneezes

Cover your mouth and nose with a tissue.
Couvrez-vous la bouche et le nez avec un mouchoir.

Throw tissues in the trash.
Jetez le mouchoir à la poubelle.

No tissue: sneeze or cough in your sleeve.
Pas de mouchoir :
Toussez et éternuez dans votre manche.

Wash your hands or use hand sanitizer.
Lavez-vous les mains ou utilisez un désinfectant pour les mains.
If you are coughing and sneezing:

- Wear a mask
- Use a tissue and put it in the garbage
- Wash your hands
If you are coughing and sneezing:

- Wear a mask
- Use a tissue and put it in the garbage
- Wash your hands

Kalaliruvit takyuinnaliruvit:

- Matuhimalugu qingat qaninlu
- Atuqlutit kakkiiyautimik igitpaklugulu iqqakuuqvikmut
- Uaqpaklugit algatit
If you are coughing and sneezing:

- Wear a mask
- Use a tissue and put it in the garbage
- Wash your hands

Si vous toussez ou vous éternuez :

- Portez un masque
- Utilisez un mouchoir et jetez-le à la poubelle
- Lavez-vous les mains