

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



N95 respirator

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

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Appendices:

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

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Cover your coughs and sneezes



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Cover your mouth and nose with a
tissue.



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Throw tissues in the trash.



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No tissue:
sneeze or cough in your sleeve.



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Wash your hands or use hand sanitizer.

Cover your coughs and sneezes

Aiqnut qalakhuqpaklutit 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 qalakhuqpaklutit aiqnut.



Wash your hands or use hand sanitizer

Uaqpaklugit algakit halummaqtirutimut.

Cover your coughs and sneezes

Couvrez-vous la bouche et le nez lorsque vous tousssez et éternuez



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.



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If you are coughing and sneezing:

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

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NUTQARIT!

halummaqtiglugit algatit

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



ARRÊT!
nettoyez-vous les mains

If you are coughing and sneezing:

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

Si vous tousssez ou vous éternuez :

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