

# LET US NOT FORGET, RESPIRATORY HYGIENE & COUGH ETIQUETTE

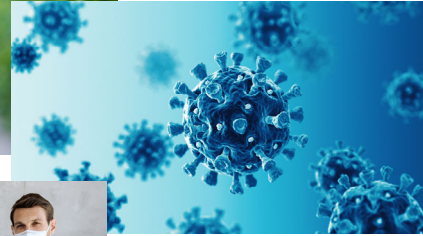
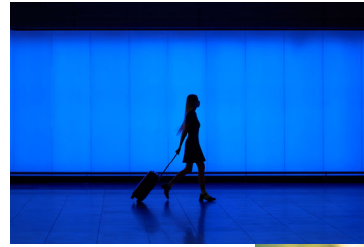
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<https://spice.unc.edu/>  
<https://spice.unc.edu/ask-spice/>

IMPORTANT INFORMATION

THE END IS NEAR....

MAY 11<sup>TH</sup> THE PUBLIC HEALTH EMERGENCY ENDS!!



<https://www.hhs.gov/about/news/2023/02/09/fact-sheet-covid-19-public-health-emergency-transition-roadmap.htm>

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# WHAT SHOULDN'T END???

Stop the spread of germs that make you and others sick!

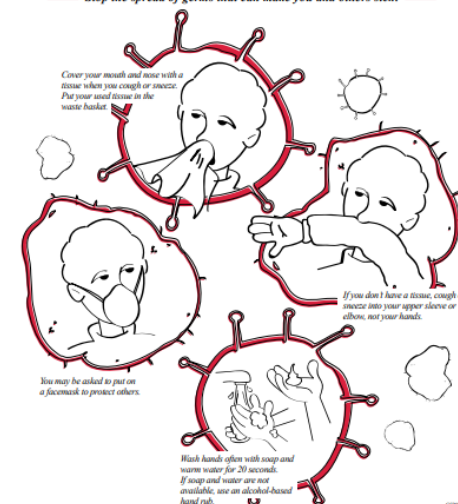
## Cover your Cough



- ▶ Standard Precautions/Transmission-based precautions
- ▶ Respiratory hygiene & cough etiquette
- ▶ Staff not coming to work when ill
- ▶ Personal comfort level of protection

## Cover your Cough

— Stop the spread of germs that can make you and others sick! —



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Cover your cough, clean your hands after coughing or sneezing

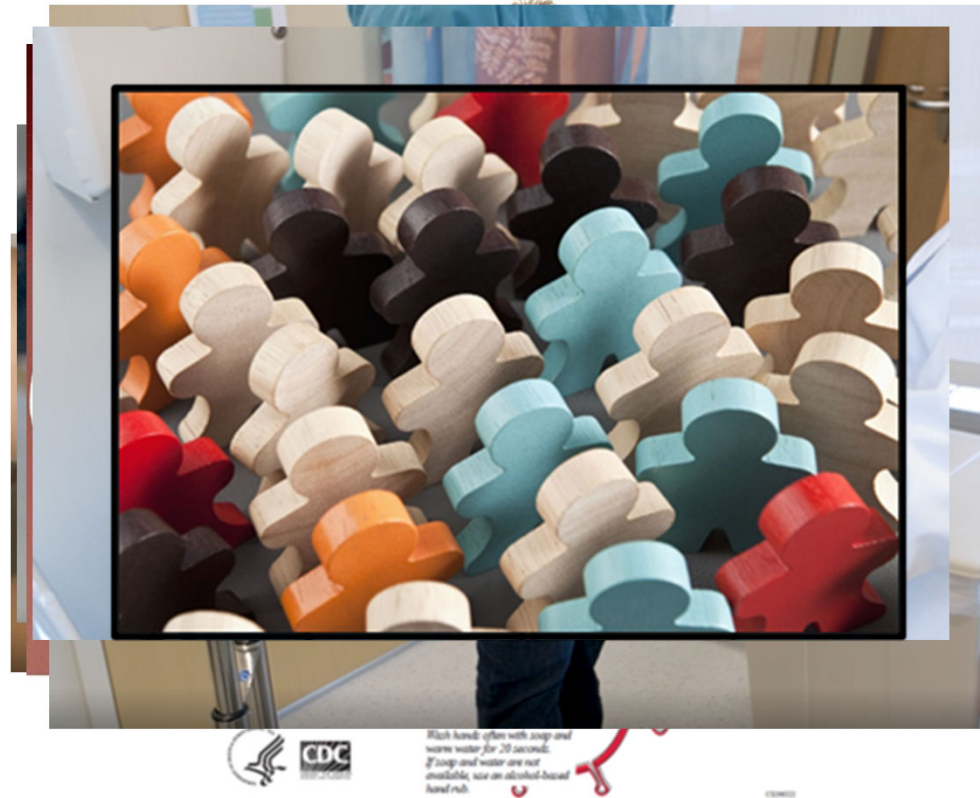
Corporate Author(s) : Centers for Disease Control and Prevention (U.S.);Minnesota. Dept. of Health; Minnesota Antibiotic Resistance Collaborative.; Association for Professionals in Infection Control and Epidemiology.; 9/16/05 URL : <https://stacks.cdc.gov/view/cdc/23304>

## ELEMENTS OF STANDARD PRECAUTIONS: A REMINDER

- ▶ Standard precautions are common sense practices and PPE use to protect the healthcare staff from infection and prevent the spread of infection from patient to patient, or resident to resident.
- ▶ The minimum infection prevention practices that apply to ALL patient/resident care regardless of the suspected or confirmed infection status of the patient/resident in any setting where healthcare is delivered.

# ELEMENTS OF STANDARD PRECAUTIONS

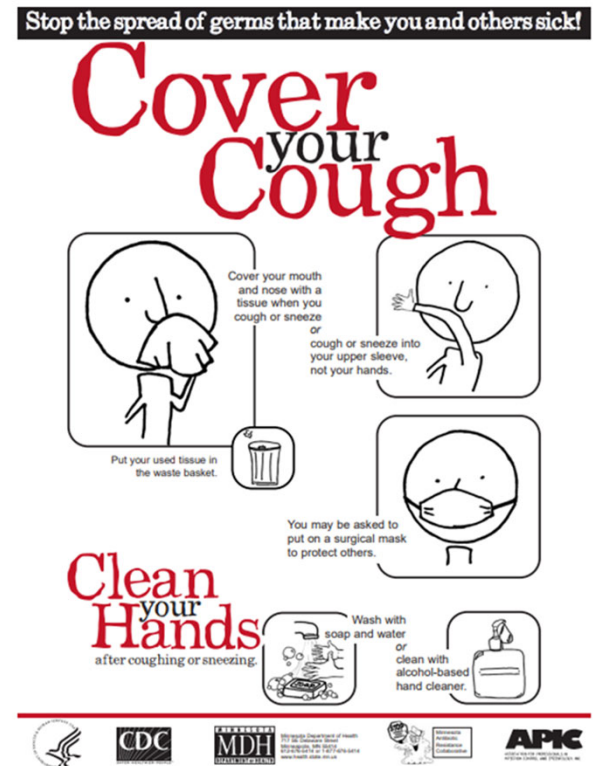
- ▶ Hand hygiene
- ▶ Use of personal protective equipment such as gowns, gloves and masks
- ▶ **Respiratory hygiene/cough etiquette**
- ▶ Safe injection practices & Safe handling of sharps
- ▶ Infection Control Practices for Special Lumbar Puncture Procedures (use of a mask)
- ▶ Cleaning and disinfection of the environment, patient care equipment, and instruments/devices
- ▶ Safe handling of potentially contaminated equipment and patient care items
- ▶ And to remember this is for all patients, all the time.



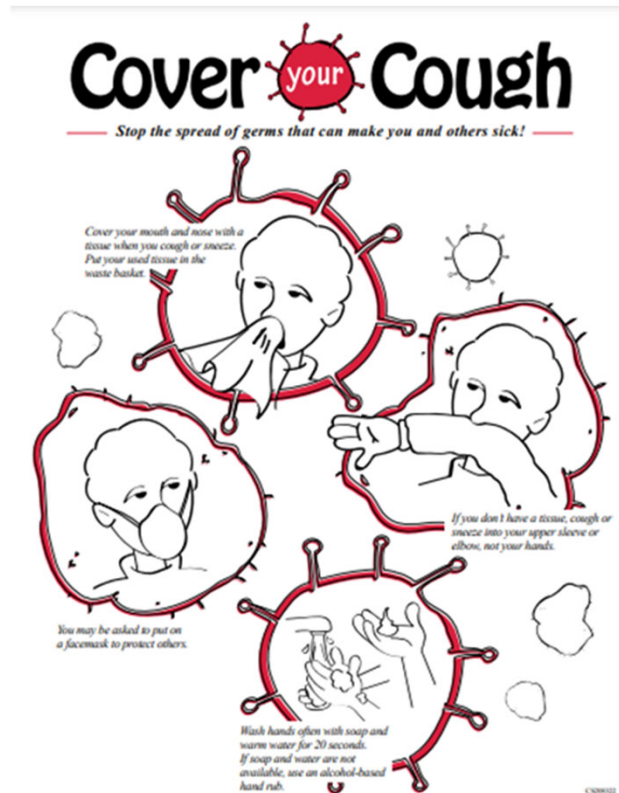
# RESPIRATORY HYGIENE/COUGH ETIQUETTE IN HEALTHCARE SETTINGS

- ▶ Visual alerts
  - ▶ Patients, residents & visitors
  - ▶ In appropriate languages
  - ▶ Entrance of all facilities
  - ▶ Instructions to inform staff & adhere to respiratory hygiene & cough etiquette

<https://www.cdc.gov/flu/professionals/infectioncontrol/resphygiene.htm>



# RESPIRATORY HYGIENE/COUGH ETIQUETTE



- ▶ **Cover your nose and mouth with a tissue when coughing/sneezing**
  - ▶ If tissue is unavailable sneeze/cough into elbow
- ▶ **Dispose of tissue in nearest waste receptacle after use**
- ▶ **Perform hand hygiene immediately after disposing of tissue**
  - ▶ Soap and water
  - ▶ Alcohol-based hand rub
- ▶ **Wear a mask if having respiratory symptoms/fever**

# MASKING AND SEPARATION

- ▶ Respiratory Hygiene Stations
  - ▶ Signage, tissues, open access trash receptacle, masks & alcohol-based hand rub
  - ▶ Main entrance
  - ▶ All facility types
  - ▶ Year round
- ▶ Instruct patient/residents & visitors to sit away from others
  - ▶ When space/chairs permit
  - ▶ 3-6 ft away

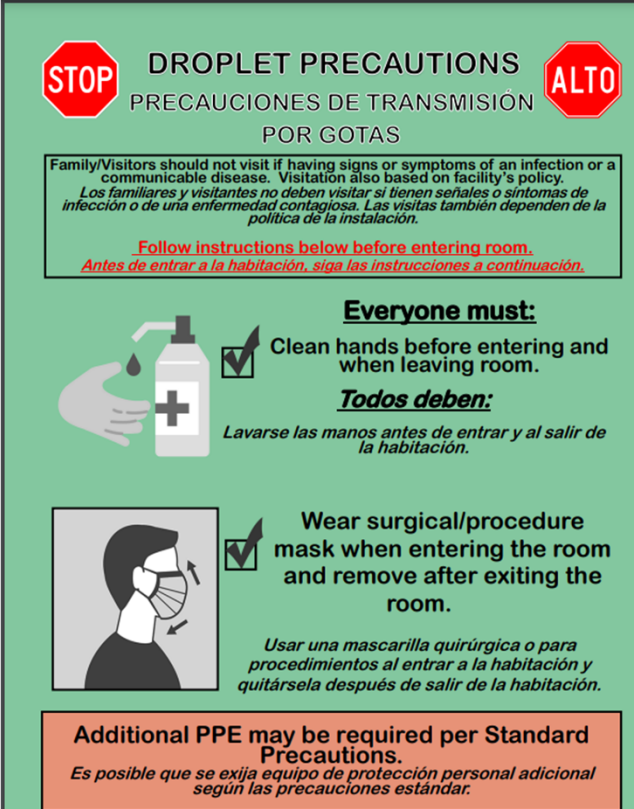




# TRANSMISSION-BASE PRECAUTIONS

- Always used in combination w/standard precautions never instead of
- Implement **immediately** for **suspected** or confirmed respiratory illnesses (you do not need an order from a provider)

We must NOT become complacent!




**STOP** DROPLET PRECAUTIONS **ALTO**  
PRECAUCIONES DE TRANSMISIÓN  
POR GOTAS


Family/Visitors should not visit if having signs or symptoms of an infection or a communicable disease. Visitation also based on facility's policy.  
*Los familiares y visitantes no deben visitar si tienen señales o síntomas de infección o de una enfermedad contagiosa. Las visitas también dependen de la política de la instalación.*

**Follow instructions below before entering room.**  
*Antes de entrar a la habitación, siga las instrucciones a continuación.*

**Everyone must:**

  Clean hands before entering and when leaving room.  
*Lavarse las manos antes de entrar y al salir de la habitación.*

**Todos deben:**

  Wear surgical/procedure mask when entering the room and remove after exiting the room.  
*Usar una mascarilla quirúrgica o para procedimientos al entrar a la habitación y quitársela después de salir de la habitación.*

**Additional PPE may be required per Standard Precautions.**  
*Es posible que se exija equipo de protección personal adicional según las precauciones estándar.*

# TRANSMISSION-BASED PRECAUTIONS CONT'D

## DROPLET CONTACT PRECAUTIONS

PRECAUCIONES DE TRANSMISIÓN POR GOTAS Y POR CONTACTO

Family/Visitors should not visit if having signs or symptoms of an infection or a communicable disease. Visitation also based on facility's policy.  
*Los familiares y visitantes no deben visitar si tienen señales o síntomas de infección o de una enfermedad contagiosa. Las visitas también dependen de la política de la instalación.*

Follow instructions below before entering room.  
*Antes de entrar a la habitación, siga las instrucciones a continuación.*

**Everyone must:**  
*Todos deben:*

**Clean hands before entering and when leaving room.**  
*Lavarse las manos antes de entrar y antes de salir de la habitación.*

**Wear a gown when entering room and remove before leaving.**  
*Usar una bata al entrar a la habitación y quitársela antes de salir.*

**Wear surgical/procedure mask when entering the room. Remove immediately before leaving room.**  
*Usar una mascarilla quirúrgica o para procedimientos al entrar a la habitación. Quitársela justo antes de salir de la habitación.*

**Wear gloves when entering room. Perform hand hygiene after removing gloves.**  
*Usar guantes al entrar a la habitación. Llevar a cabo la higiene de manos después de quitarse los guantes.*

Additional PPE may be required per Standard Precautions.  
*Es posible que se exija utilizar equipo de protección personal adicional según las precauciones estándar.*

REVISED DATE: 1/20/2022

## SPECIAL DROPLET CONTACT PRECAUTIONS

PRECAUCIONES ESPECIALES PARA LA TRANSMISIÓN POR CONTACTO Y POR GOTAS

Family/Visitors should not visit if having signs or symptoms of an infection or a communicable disease. Visitation also based on facility's policy.  
*Los familiares y visitantes no deben visitar si tienen señales o síntomas de infección o de una enfermedad contagiosa. Las visitas también dependen de la política de la instalación.*

Follow instructions below before entering room.  
*Antes de entrar a la habitación, siga las instrucciones a continuación.*

**All Healthcare Personnel must:**  
*Todo el personal de atención médica debe:*

**Clean hands before entering and when leaving room.**  
*Lavarse las manos antes de entrar y antes de salir de la habitación.*

**Wear a gown when entering room and remove before leaving.**  
*Usar una bata al entrar y quitársela antes de salir.*

**Wear N95 or higher level respirator before entering the room and remove after exiting.**  
*Usar un respirador N95 o un respirador de nivel superior antes de entrar a la habitación y quitárselo después de salir.*

**Protective eyewear (face shield or goggles)**  
*Protección para los ojos (careta o gafas protectoras)*

**Wear gloves when entering room and remove before leaving.**  
*Usar guantes al entrar a la habitación y quitárselos antes de salir.*

**Place in private room. Keep door closed (if safe to do so).**  
*Colocar en habitación privada. Mantenga la puerta cerrada (si es seguro hacerlo).*

Additional PPE may be required per Standard Precautions.  
*Es posible que se exija utilizar equipo de protección personal adicional según las precauciones estándar.*

Translated by UNC Health Interpreter Services  
REVISED DATE: 2/9/2022

## STAFF DOING THEIR PART



# YOU DO YOU



# QUESTIONS



# RESOURCES

- ▶ <https://www.cdc.gov/flu/professionals/infectioncontrol/resphygiene.htm>
- ▶ <https://www.hhs.gov/about/news/2023/02/09/fact-sheet-covid-19-public-health-emergency-transition-roadmap.htm>
- ▶ <https://spice.unc.edu/>
- ▶ <https://spice.unc.edu/ask-spice/>
- ▶ <https://spice.unc.edu/resources/signage/>
- ▶ <https://stacks.cdc.gov/view/cdc/23304>