

Welcome
to the
Long Term Care RISE

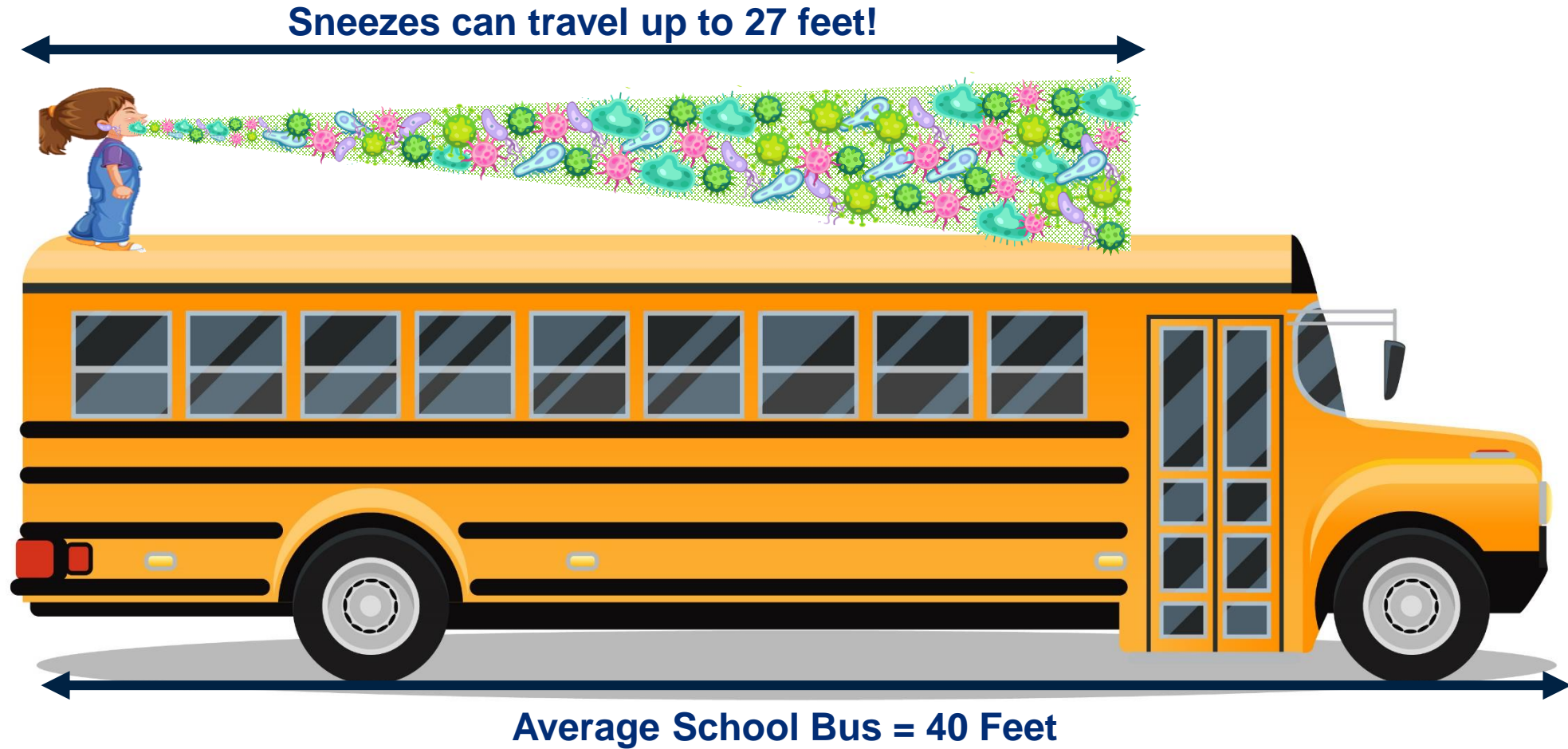
 Penn Medicine |  TEMPLE HEALTH

Session on
Cough & Sneeze Etiquette





Did you know...



Cough Etiquette- Why and When

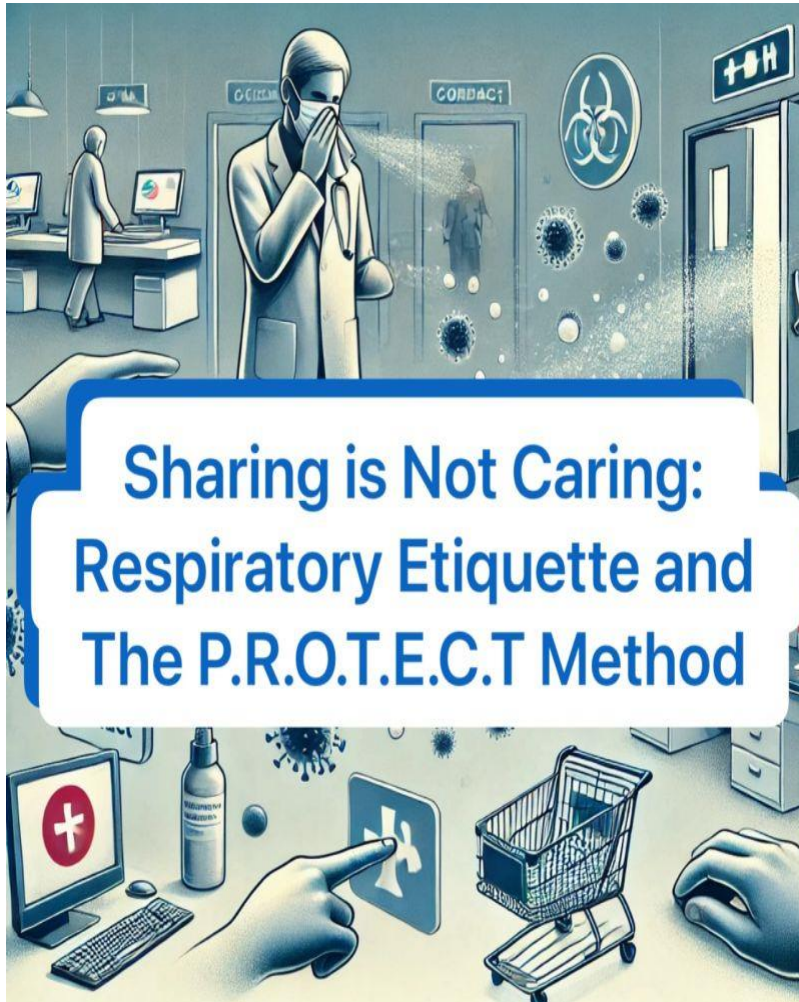


Couth etiquette – What is it?

- Cover your mouth and nose with a tissue when coughing or sneezing
- Use the nearest waste receptacle to dispose of tissue after use
- Perform hand hygiene after having contact with respiratory secretions and contaminant objects materials
- Also known as “respiratory hygiene”



The P.R.O.T.E.C.T Method



Sharing is Not Caring:
Respiratory Etiquette and
The P.R.O.T.E.C.T Method

- ▶ **P** - Protect others by covering your mouth and nose when coughing or sneezing.
- ▶ **R** - Remember to wash your hands after sneezing, coughing or using tissues.
- ▶ **O** - Observe masking practices when symptomatic or in high-risk environments.
- ▶ **T** - Throw used tissues away and do not let them pile up.
- ▶ **E** - Educate and encourage others to follow good respiratory etiquette.
- ▶ **C** - Commit to staying home if you feel unwell.
- ▶ **T** - Take steps to prevent spreading illness in the workplace and at home

What can healthcare facilities do to promote “respiratory hygiene?”



All communities should provide tissues and no-touch receptacles for disposing of used tissues



Provide conveniently located alcohol-based hand rub dispensers



Post visual alerts at the entrance to facilities instructing visitors to inform staff of symptoms of a respiratory infection and to practice cough etiquette



In periods of increase respiratory infection activity in the community, offer masks to persons who are coughing and consider implementing physical distancing

QUIZ!



THANK YOU