



## *Respiratory Etiquette*

Many respiratory illnesses – including serious ones such as influenza and SARS – are spread by coughing or sneezing. Some respiratory illnesses can also spread by direct contact – for example, after someone’s hands become contaminated by droplets from coughing or sneezing.

These illnesses spread most easily in crowded places or households where people are in close contact.

The following are simple ways to avoid sharing germs with those around you and avoid the flu and other respiratory illnesses (“Respiratory Etiquette”) :

- Cover your nose and mouth with a tissue when you cough or sneeze.
  - If you don’t have a tissue, sneeze or cough into your sleeve.
- Wash your hands frequently, especially after coughing or sneezing.
  - If soap and water are not available, use an alcohol-based hand cleaner.
- Stay at home when you are sick.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with people who are sick, if possible.
- Do not share eating utensils, drinking glasses, towels, or other personal items.
- If you are sick and go to a medical clinic, you may be asked to wear a mask.

Remember...

**Coughs and Sneezes Spread Diseases!**