

April 27, 2020

# Health & Safety Moment

## Coughing & Sneezing Etiquette



### HOW RESPIRATORY ILLNESS ARE SPREAD

Coughing or sneezing

Unclean hands

Touching your face after touching contaminated objects

Touching objects after contaminating your hands

### HELP STOP THE SPREAD OF GERMS

Cover your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in a waste basket.

If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Wash your hands after coughing or sneezing.

Hygiene etiquette involves practices that prevent the spread of illness and disease. A critical time to practice good hygiene etiquette is when you are sick, especially when coughing or sneezing. Serious respiratory illnesses like coronavirus (COVID-19), influenza, respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by poor hygiene etiquette. Watch this [video](#).

Washing hands with soap and water is one of the most important steps we can take to avoid getting sick and spreading germs to others. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

One final practice that helps prevent the spread of respiratory disease is avoiding close contact with people who are sick. If you are ill, you should distance yourself from others, so you do not spread your germs. Distancing includes staying at home when sick or social distancing by providing at least a 6' space between yourself and others.



## Your Health Is Our Top Priority

Thank you to our dedicated ReWa team and all public service professionals for your continued commitment to our communities.