

Masks are sometimes used in hospitals to control respiratory infections.



*If you are asked by staff in the hospital to wear a mask please do not be offended. This is in your best interest and in the interest of those around you.*

You can help protect yourself and others from getting sick by using all the tips for respiratory hygiene, keeping hands clean, and wearing a mask when asked.

**For more information:**

CDC website: [www.cdc.gov/](http://www.cdc.gov/)

Department Health & Ageing: [www.health.gov.au/](http://www.health.gov.au/)

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# Respiratory Hygiene



What can I do to help?

## Did you know....

Coughing and sneezing spreads droplets that can carry respiratory (nose, throat, chest and lung) infections like colds and the flu.

Colds and Flu are mostly spread on our hands and other surfaces that have been contaminated by respiratory droplets.

Respiratory hygiene will help stop the spread of respiratory diseases by controlling the spread of these droplets.

Respiratory hygiene is as easy as covering our coughs or sneezes and keeping our hands clean by washing with soap and water or using alcoholic hand rubs.



## Follow these respiratory hygiene tips to protect yourself and others from colds and flu

- ✓ Cover mouth and nose when coughing or sneezing.
- ✓ Always use a tissue if possible.
- ✓ Put used tissues into a bin.
- ✓ If you do not have a tissue, cough or sneeze into elbow rather than contaminating your hands.
- ✓ Clean your hands with soap and water or use an alcohol hand rub after touching mouth/nose, coughing or sneezing.
- ✓ Encourage your family, friends & children to follow these tips and keep hands clean.

## TIPS

Cover your cough



Put used tissues in the bin and clean your hands



No tissue? Cough or sneeze into your elbow

