

FEBRUARY 20, 2017

Cover your Cough! Respiratory Etiquette 101



1. Cover your mouth and nose when you cough, sneeze or blow your nose.



2. Put used tissue in the garbage.



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



4. Clean your hands with soap and water or hand sanitizer (minimum 70% alcohol-based).

*Adapted from: Toronto Public Health – Cover your Cough Poster

If you see patients coughing or sneezing, kindly ask them to:

- Use good respiratory etiquette
- Wear a mask to protect others

For more information, visit our [Accreditation Portal](#).