

COUGH ETIQUETTE 101

Covering your mouth when you cough isn't just polite – it can also prevent germs from being spread to others. This is especially important in the long-term care setting since many elderly people have weakened immune systems.

THE CDC
RECOMMENDS
TAKING THE
FOLLOWING
STEPS WHEN
YOU COUGH¹

01

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



02

Place the used tissue in a wastebasket.



03

If you don't have a tissue, cough into your upper sleeve or elbow (the so-called "Dracula Cough") rather than into your hands.



04

Wash your hands frequently. Use soap and warm water and wash for 20 seconds.



05

If soap and water aren't readily available, use an alcohol-based hand rub.



TOOLS OF THE TRADE

Reference
1 Centers for Disease Control and Prevention.
Cover Your Cough. Available at:
<http://www.cdc.gov/flu/protect/covercough.htm>.
Accessed March 9, 2011.