

# Respiratory Hygiene and Cough Etiquette

Source: SPSU plan for "[Flu - Pandemic Preparedness and Response Procedures.](#)"

- **Keep your hands away from your eyes, nose and mouth. This will help prevent the transfer of any viruses you have picked up from the environment into your body.**
- **Wash your hands with soap and water for 10 to 20 seconds:**
  - **After touching anything that you think could be contaminated with body fluids of others (e.g. saliva, nasal secretions, feces)**
  - **After coughing or sneezing**
  - **Before and after using the toilet**
  - **Before and after meals and snacks**
  - **Before preparing food**
  - **Before and after smoking cigarettes**
  - **When arriving home**
  - **Before and after work**
- **Good hand washing includes the following steps**
  - **Wet hands with warm water.**
  - **Apply a generous amount of soap & lather hands well. —**
  - **Rub hands together for 20 seconds, paying special attention to the areas between fingers & under nails.**
  - **Rinse hands thoroughly with warm water.**
  - **Dry hands with a disposable towel**
  - **Use the disposable towel to turn off the faucet & open the door.**