



JIT

Just-in-Time Education



Respiratory Etiquette



What is JIT Education?

JIT education is one of the special applications of the *Think Zebra* program. When a major event happens, or is about to happen, around the world, this *Just-in Time* material is presented to reduce fear and save lives by providing the best possible knowledge.

This model of JIT education develops a program describing the suggested cough etiquette for someone infected with and recovering from influenza.



Respiratory Etiquette



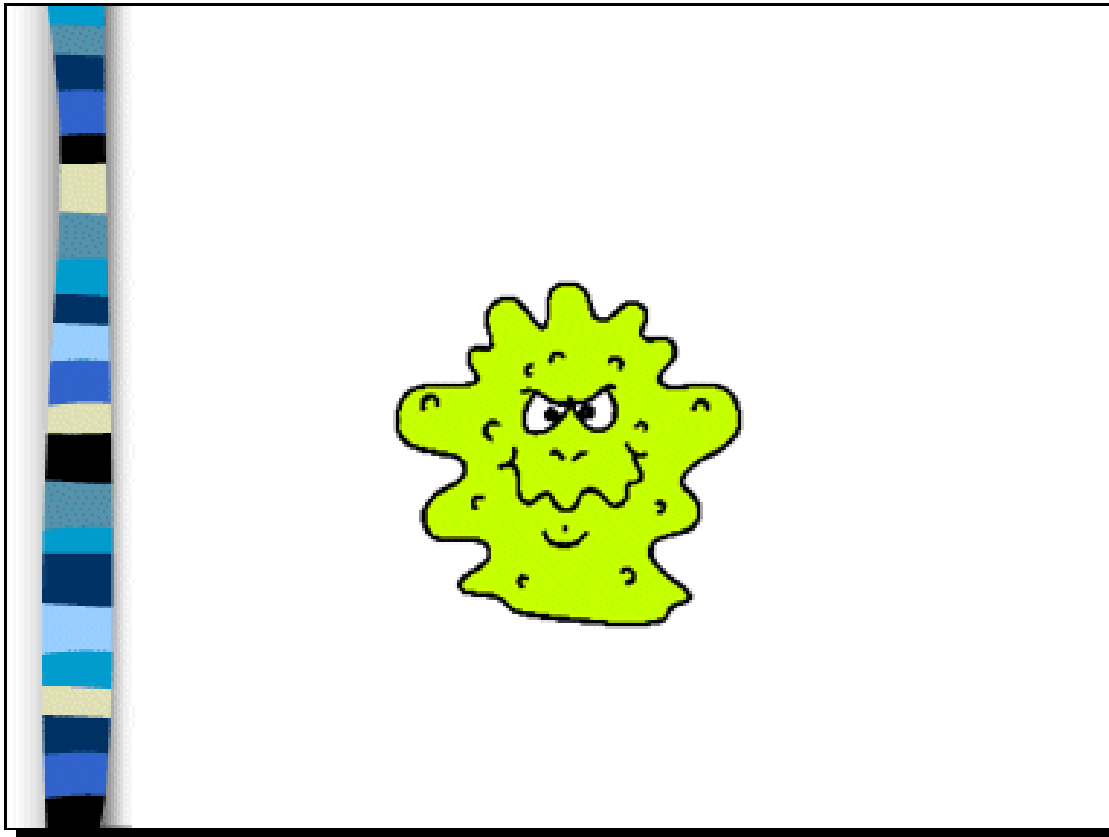
Respiratory Etiquette

Protect Yourself, Your Family, Your Community

During the cough, cold and "flu" season, there are some simple tips that will keep respiratory infections from spreading. You can help stop the spread of these germs by practicing "respiratory etiquette" or good health manners.

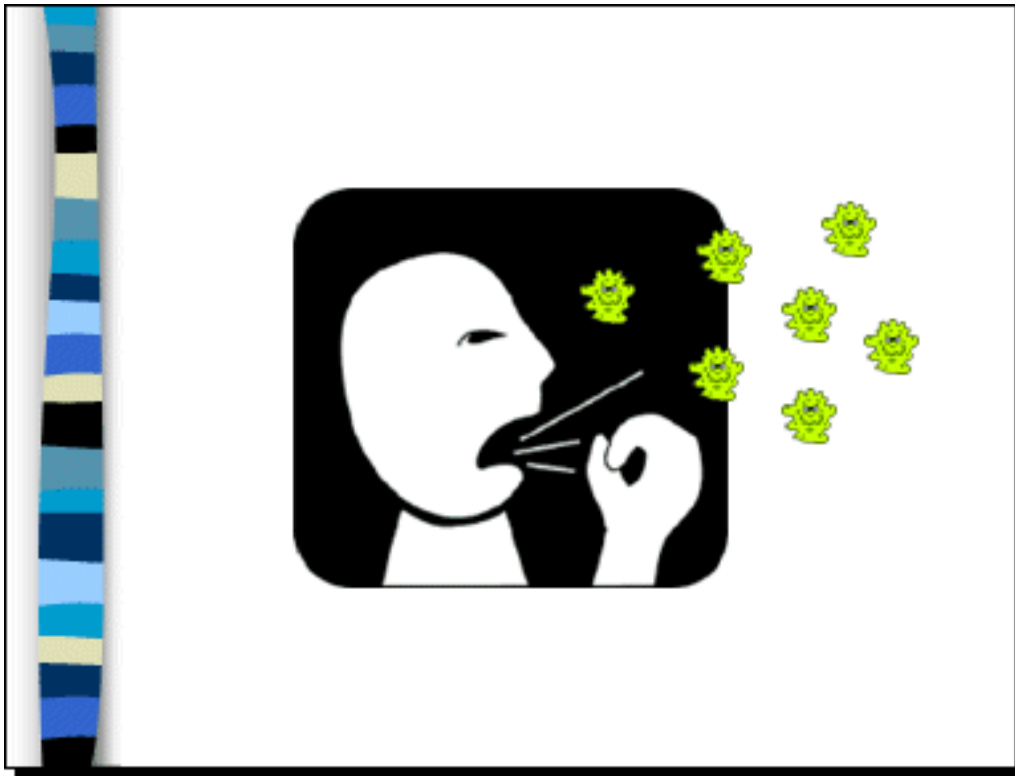
Practicing 'respiratory etiquette' can decrease the risk of transmission from unrecognized patients, the "walkin' coughin'", and control the spread of other, more common, respiratory pathogens.

How are Colds and Flu Spread?



Obviously, not by you. But if you know anyone that may be careless about their “respiratory etiquette” perhaps you can pass along some of the things you learn here today.

Droplet Transmission



The spread of the viruses are passed from person-to-person in the tiny droplets of moisture that come out of the nose or mouth of an infected person when they cough, sneeze, or talk.

Direct Spread by Droplets

- Infected person coughs, sneezes, talks, sings
- Close contact with infected person (<3 ft)
- Droplets land directly on mucous membranes (eyes, nose, mouth) of susceptible person



A virus isn't truly airborne. It is carried in the droplets and travels only about 3 feet during a sneeze or cough, so close contact is necessary to spread infection.

Indirect Spread by Droplets



Droplets with the infectious agent land on a table, doorknob, etc.

Typically, the flu virus is passed when a sick person wipes his nose or covers a cough, and then touches something — a telephone you're about to use? Food you're about to eat? Your outstretched hand?

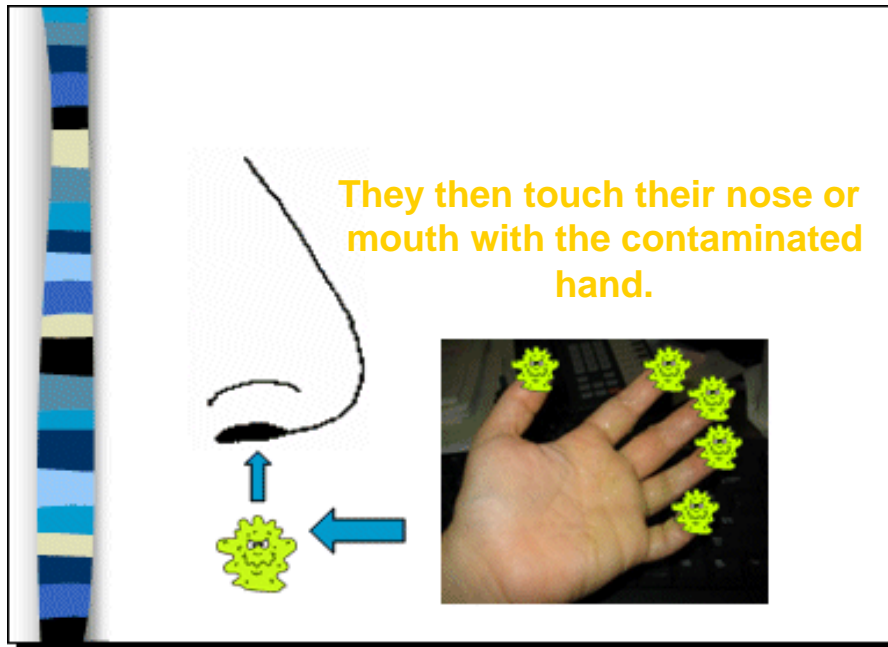
Indirect Spread by Droplets



Someone touches the contaminated object

Then, unknowingly, you touch the same object.

Indirect Spread by Droplets



Then your contaminated hand touches your nose or mouth or eye. Let's look at some ways to prevent that from happening.

Prevention



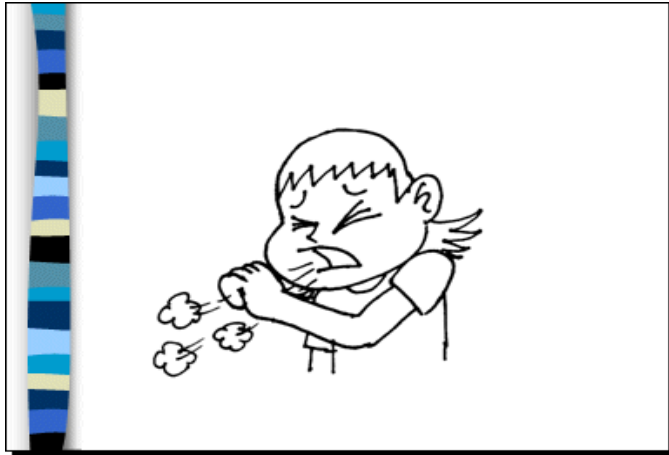
You can help prevent the spread of the flu by covering your nose and mouth every time you sneeze, cough or blow your nose; putting used tissues in the trash; and washing your hands well and often whenever you or someone you are close to is sick.

Prevention



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Stay Home if You are Sick



People who are sick will be encouraged by their employers to stay home, and thanked warmly by their colleagues for doing so.

Ten years ago, when you were sick, you'd come to work whether you believed you were contagious or not. Now, with the issues we have, people are much more concerned — and co-workers are much more concerned — about being exposed to contagious diseases.

Employers who require people to work when they're sick may look at it differently if many in the community become sick and some even die.

You may appear negligent coming to work sick. Practices will have to change because people will get scared.

Stay home if you're sick: Help prevent others — who may not be as tough as you are — from getting sick

Avoid close contact with people who are sick.

If you're sick, don't shake hands, kiss, etc. Consider a smile, nod or other friendly gesture an alternative way to greet people.

Wash

Handwashing with soap and warm water for at least 20 seconds



With a century of stunning medical advances under our collective belt, we've now been given this latest flu-prevention advice: **Wash your hands long enough to sing "Happy Birthday" twice.**

That's what some nursing-home residents are being taught. You can't blame them if this advice makes them a bit dizzy: Isn't this the same thing their mothers said when they were children, back in the 1920s and 1930s?

Thorough and frequent hand-washing is part of a new "respiratory etiquette" public-health officials believe is taking hold as we try to protect ourselves without the flu shot we've come to count on.

Wash your hands — a lot: It may sound obvious, but frequent hand washing is one of the best ways to keep germs from getting a grip. Wet hands, apply soap, rub hands together for at least 15 seconds, cover all surfaces of hands and fingers, rinse with water and dry thoroughly — and then use the paper towel to turn off the water faucet (and maybe to open the door to the restroom, too).

Can't Wash

If You Can't Wash Your Hands,
Use Alcohol Based Hand Rub

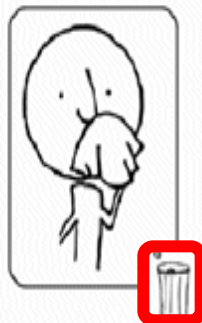


Some business now provide hand hygiene materials in waiting room areas and encourage patients and visitors with symptoms to perform hand hygiene.

Learn to love alcohol-gel hand cleaner: Carry little bottles of alcohol-based cleaner with you when you can't wash your hands. Amazingly handy stuff, it should be used only if your hands aren't grimy. Stash them everywhere.

Cover Your Cough

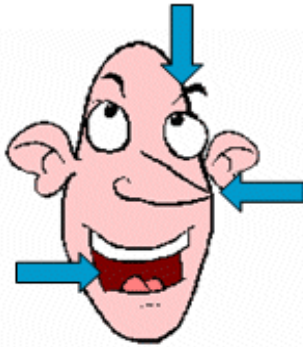
- Cough into a tissue
- Cough into your elbow
- Wear a mask



Cover your cough or sneeze:
Use a disposable tissue, and throw it away. If you don't have one, sneeze or cough into your upper sleeve — not your hand. If you're around vulnerable people, consider wearing a disposable paper mask.

Don't Touch

Avoid Touching Your Eyes, Nose
or Mouth



Assume your hands aren't clean: And don't touch your eyes, nose or mouth with them. Think about where the bugs are: People cough into their hands, then they shake yours, then you touch your mouth with your hand ... bingo.

Mask

Coughing People Working Closely with Others Should Wear a Mask



Businesses may provide surgical masks to all employees and visitors with symptoms of respiratory illness. Instructions should also be provided on the proper usage and disposal of the masks. (Surgical masks are typically the type that fasten to the head with ties.

Procedure masks, the type with ear loops, are an effective option and the one we recommend for this use.)

If masks are unavailable or cannot be utilized by the person exhibiting symptoms, then disposable tissues should be used to cover the mouth and nose when coughing or sneezing.

If you're sick, a mask can prevent you from coughing or sneezing virus-laden droplets into the air, where they could infect people within arm's length.

For a healthy person, wearing a mask doesn't make much sense. **"Stay away from sick people"**.

Keep a Clean Environment

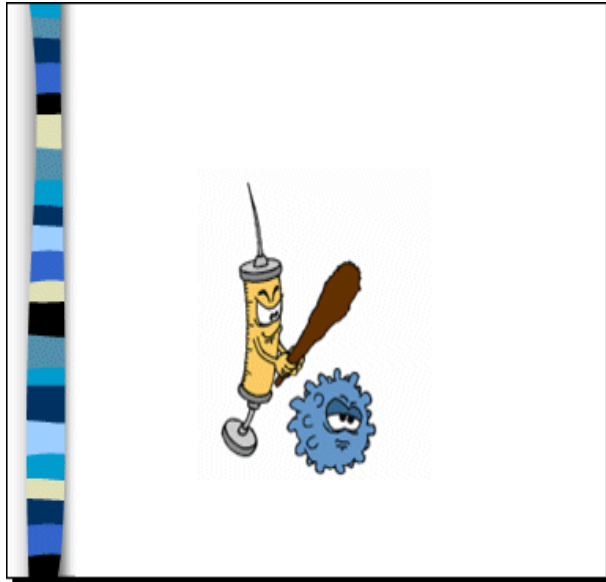


Be sure to read the label for the
Length of time needed for wipes
to work



Keep things clean:
Wipe common surfaces,
such as telephones,
doorknobs and
keyboards, with
disinfectant. **Allow the
surface to air dry after
it has been cleansed
with the disinfectant.**
Do not dry with a towel.

Maintain Your Annual Flu Shots



This is one of the best precautions you can take. Remember, we are all in this together. I will count on you to have your hands washed, and you will count on me. If I have a fever and respiratory disease, you will count on me to stay home, and vice versa. It's a matter of keeping each other honest. Do others a favor, and err on the side of caution: The Centers for Disease Control and Prevention (CDC) says you can spread the virus a day before any symptoms hit and as long as seven days after becoming ill. For many years we have coasted along, believing that the medical profession had a magic bullet for everything. Not anymore: We're back in the realm of "Oh my gosh, we could die of these things." And that, despite all the advances in science, takes us back to what those 80- and 90-year-old nursing-home residents learned before the invention of the electron microscope, the device that gave scientists the first glimpse of a flu virus. We're back to the things our moms told us to do: **Wash your hands, cover your mouth**, and if you're sick, **go to bed**. It's basic, common sense.



Contact Us

**This Just-in-Time education program is a product of
the Collier County Health Department
Health Education Network.**

**Suggestions, comments and requests for information
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using one of the following formats:**

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