



## PANDEMIC: REOPENING SAFETY PLAN

### APPENDIX F

#### Cough and Sneeze Etiquette

Coughing and sneezing can force out thousands of tiny droplets of saliva which can spread germs. In fact, 3,000 droplets are expelled in a single cough, and some of the droplets can fly out of your mouth at speeds of up to 50 miles per hour.<sup>1</sup> Sneezes are even worse than coughs for spreading germs because they can produce as many as 40,000 tiny droplets of saliva which can exit your nose and mouth at speeds greater than 200 miles per hour.<sup>1</sup> By covering your coughs and your sneezes, you can help prevent the spread of germs to others. Also, always remember to wash your hands after coughing or sneezing.

#### To prevent the spread of infection, it is essential that you:

- Cover your cough or sneeze to stop the spread of germs.
- Whenever possible cover your mouth and nose with a tissue when coughing, sneezing or blowing your nose.
- Dispose the used tissue in the garbage.
- Cough or sneeze into your sleeve (not in your hands), if you do not have a tissue.
- Wash your hands with soap and water, or hand sanitizer (minimum 70% alcohol based).
- Keep your distance (more than 2 meters/6 feet) from people who are coughing or sneezing.



1. The Gross Science of a Cough and a Sneeze, by Jason Socrates Bardi June 14, 2009

Reference: Ottawa Public Health, Stop the Spread of Germs

INSTRUCTOR: \_\_\_\_\_ TRAINEE: \_\_\_\_\_  
DATE: \_\_\_\_\_ Please print your names.