

FAQ Cough etiquette

How does influenza spread?

Influenza is mainly passed from person to person through droplet transmission. This occurs when a sick person coughs or sneezes contaminated droplets into the air, and a healthy person either inhales them or gets them on their hands and then later transfers them to their mouth, nose or eyes.

Good respiratory hygiene can help prevent illness from spreading. Everyone should practice good respiratory hygiene, even if they do not appear sick, since people can pass on the flu before they even show symptoms.

How can I help prevent germs from spreading?

- Use a tissue to cover the nose and mouth when coughing or sneezing. If a tissue is not available, it is preferable to cover the nose and mouth with the upper sleeve. Do NOT use your hands, since you can easily pass on an infection by touching shared objects (doorknobs, copy machines, microwaves, etc.).
- Dispose of used tissues in the nearest waste receptacle.
- Wash your hands after covering a cough or sneeze.
- In common areas, try to sit at least 1 meter (3 feet) away from coughing individuals.
- If you are sick, and must be in public, advise people not to get too close to you. Don't shake hands.

Place posters about respiratory hygiene around the workplace, and frequently remind employees about their responsibility to practice good hygiene. Communicate your expectations to your employees repeatedly and in a variety of ways (at meetings, through HR documents, in mass e-mails, etc.)