

Basic Respiratory Etiquette

Tiny droplets from a cough or sneeze can make other people sick. The following basic respiratory etiquette can help to stop the spread of germs.



When you cough or sneeze, turn your head and step away from others, to give them space.



Cover your mouth and nose with a tissue. Dispose of tissue in a garbage can. If a tissue is not available, cough or sneeze into your elbow instead of your hands.



Wear a well-fitted mask if you have a cough or fever and must leave your home, or if you have recently recovered from illness.



Stay home when you are sick. Avoid visiting people who are vulnerable, or places like nursing homes, hospitals, shelters, and correctional facilities.



Wash your hands often with soap and water or hand-sanitizer.