

# IPC Bulletin for Staff providing Domiciliary Care (Care at Home)

Issue No. 11 – November 2018

## Respiratory etiquette

November is COPD (Chronic Obstructive Pulmonary Disease) awareness month, in support of this, please find below information on how to support your service users to carry out good respiratory etiquette. Those people with respiratory conditions are more at risk of developing respiratory infections, especially in the colder months. Carrying out good respiratory etiquette can help reduce the spread of such infections.

## Respiratory etiquette

Good respiratory etiquette for both staff and service users include:

- Coughing or sneezing into a clean tissue, or into your upper sleeve if a tissue is not available, not into your hands
- Disposing of the tissue immediately in the nearest waste bin
- Carrying out hand hygiene after coughing or sneezing, even if a tissue was used—using alcohol handrub, liquid soap and warm running water or hand wipes
- Avoid touching your eyes, nose and mouth. These areas are home to a large number of bacteria.

Service users with poor mobility or cognitive function may need support to carry out good respiratory etiquette:

- Ensure clean disposable tissues are left in reach of service users
- Ensure waste bins are located appropriately to avoid used tissues being stored
- Support service users to access the available hand hygiene facilities within their home



## Did you know?

- **Coughing can spread droplets as far as six metres.**
- **Sneezing can spread droplets as far as eight metres.**
- **These droplets can stay suspended in the air for up to ten minutes before settling.**

## Respiratory infections

Respiratory infections, such as influenza are common during the winter months. Although they can affect people who are fit and healthy, those with existing respiratory conditions are more susceptible to respiratory infections.

## Antibiotic Awareness Week 12—18 November 2018



If a service user is prescribed antibiotics to help treat a respiratory or any other infection, you can explain how to reduce antibiotic resistance happening within their own body. Support and encourage the service user to take the antibiotics exactly as directed, ensuring they complete the course and do not miss doses.

Visit our website to find lots of IPC resources, many of which are free to download.

[www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk)

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