

# IPC Bulletin for Care Home staff

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To support Care Home staff, here is some information on good infection prevention and control (IPC) practice.

## Respiratory and cough hygiene





Following the publication of the new NHS England and NHS Improvement Guidance for 'Standard infection control precautions' (SICPs), 'Respiratory and cough hygiene' has been identified as 1 of the 10 elements.

Staff should promote respiratory and cough hygiene to help prevent the spread of infection by following the steps opposite.

Visit our [website](#) to download a free copy of the poster.

Respiratory and cough hygiene

	<ul style="list-style-type: none"> <li>Cough or sneeze into a clean tissue, not into your hands.</li> </ul>
	<ul style="list-style-type: none"> <li>Dispose of the tissue immediately into the nearest waste bin.</li> </ul>
	<ul style="list-style-type: none"> <li>If you do not have a tissue, cough or sneeze into your upper sleeve.</li> </ul>
	<ul style="list-style-type: none"> <li>Always clean your hands after coughing or sneezing, either using soap and warm running water, alcohol handrub or hand wipes.</li> </ul>

These steps will help prevent the spread of colds, flu and other respiratory infections

Community Infection Prevention and Control, Harrogate and District NHS Foundation Trust  
[www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk) June 2019  
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