



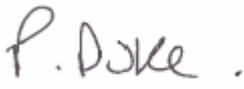
Community Infection Prevention and Control Policy for Care Home settings

Respiratory and cough hygiene

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RESPIRATORY AND COUGH HYGIENE

This guidance document has been adopted as a policy document by:

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RESPIRATORY AND COUGH HYGIENE

RESPIRATORY AND COUGH HYGIENE

1. Introduction

This Policy is one of the 10 'Standard infection control precautions' (SICPs) referred to by NHS England and NHS Improvement.

Respiratory and cough hygiene can help reduce the risk of spreading respiratory (related to breathing) infections, protecting those in contact with the infected person, e.g. residents, visitors and staff.

Staff should adopt good respiratory and cough hygiene practices themselves and promote them to residents.

When caring for residents in relation to COVID-19 or any other new emerging infections, staff should refer to national infection prevention and control guidance.

2. What are respiratory tract infections?

Respiratory tract infections (RTIs) are mainly caused by viruses and can affect the upper respiratory tract or the lower respiratory tract.

Upper respiratory tract infections (URTIs), e.g. sore throat, common cold, sinusitis, involve the throat, nose or sinuses.

Lower respiratory tract infections (LRTIs), e.g. pneumonia, bronchitis, tuberculosis, involve the large airways or lungs.

RTIs caused by a virus, e.g. the common cold, usually get better without any treatment over days to weeks.

RTIs caused by bacteria, e.g. pneumonia, tuberculosis, often require antibiotic treatment and in some cases, admission to hospital.

Symptoms of an RTI include:

- A sore throat
- Sneezing
- A cough – you may bring up mucus (phlegm)
- A stuffy or runny nose
- Headaches

- Muscle aches
- Tight chest, wheezing or breathlessness
- Fever (a high temperature)
- General unwell feeling

3. How are respiratory secretions infections spread?

When a person with a respiratory spread infection coughs or sneezes, millions of viral or bacterial particles are released from the mouth or nose in respiratory droplets. These droplets travel in the air, contaminating people and surfaces in their path.

Infection is then spread either:

- Person-to-person, e.g. the droplets land directly on the mucous membranes of a person's eyes, nose or mouth, and the infection then enters their body
- Indirectly, e.g. the droplets land on surfaces such as a bed, table or person. Hands that then come into contact with that surface become contaminated. If the hands are not cleaned and the person touches their eyes, nose or mouth, they can become infected

Bacteria and viruses can survive in the environment from hours to months, e.g. influenza virus up to 24 hours, COVID-19 up to 72 hours.

For advice on influenza management, please contact your local Community Infection Prevention and Control (IPC) or Public Health England (PHE) Team. **For advice on COVID-19 or any other new emerging infection, refer to national IPC guidance.**

Other illnesses caused by viruses, e.g. chicken pox, measles, can also be spread by inhaling droplets of the respiratory secretions from an infected person's cough or sneeze, or from touching surfaces contaminated when they coughed or sneezed.

Those most at risk of developing complications of infections spread by respiratory secretions include:

- Children under 5 years of age
- Adults aged 65 years and over
- People age 6 months to 65 years and over who have chronic diseases or lowered immunity levels
- Pregnant women

4. Good respiratory and cough hygiene

To reduce the risk of spreading infections when coughing, sneezing, wiping or blowing the nose, staff and residents should:

- Have access to and use disposable tissues (not handkerchiefs)
- Cover the nose and mouth with a disposable tissue when sneezing, coughing, wiping and blowing the nose
- Dispose of used tissues into a waste bin or bag immediately after use
- Clean hands with either:
 - Liquid soap and warm running water; or
 - Skin wipes or alcohol handrub

For further details, refer to the 'Hand hygiene Policy for Care Home settings'.

Staff may need to help residents to ensure that:

- Disposable tissues are available and within their reach
- There is a waste bin or bag within easy reach for them to dispose of used tissues
- They are able to or are assisted to clean their hands

Don't:

- Use cloth handkerchiefs
- Touch the eyes, nose and mouth until hands have been cleaned after contact with respiratory secretions or items contaminated with them, e.g. tissues, surfaces
- Use skin wipes if suitable handwashing facilities are available
- Contaminate surfaces and pockets with used tissues

If no disposable tissue is available, cough or sneeze into your elbow or upper arm, not your hand or into the air. Although this won't stop all the respiratory secretions spreading it can reduce the distance they travel.

The following 'Respiratory and cough hygiene Poster' is available to download at www.infectionpreventioncontrol.co.uk.

Infection. Prevention. Control.
You're in safe hands

NHS

Respiratory and cough hygiene

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

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

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5. Infection Prevention and Control resources, education and training

The Community Infection Prevention and Control (IPC) Team have produced a wide range of innovative educational and IPC resources designed to assist your Care Home in achieving compliance with *The Health and Social Care Act 2008: Code of Practice on the prevention and control of infections and related guidance* and CQC registration requirements.

These resources are either free to download from the website or available at a minimal cost covering administration and printing:

- 29 IPC Policy documents for Care Home settings
- 'Preventing Infection Workbook: Guidance for Care Homes'

- 'IPC CQC Inspection Preparation Pack for Care Homes'
- IPC audit tools, posters, leaflets and factsheets
- 'IPC Bulletin for Care Homes'

In addition, we hold educational study events in North Yorkshire and can arrange bespoke training packages. Prices vary depending on your requirements and location.

Further information on these high quality evidence-based resources is available at www.infectionpreventioncontrol.co.uk.

6. References

Department of Health (2015) *The Health and Social Care Act 2008: Code of Practice on the prevention and control of infections and related guidance*

<https://fitfortraveltest.scot.nhs.uk/advice/disease-prevention-advice/respiratory-hygiene-and-infections#Respiratory>

NHS England and NHS Improvement (March 2019) *Standard infection control precautions: national hand hygiene and personal protective equipment policy*

www.nhs.uk/conditions/Respiratory-tract-infection/