

## Long-Term Care Survey Alert

### Infection Control Tip: Before People Say 'Achoo'...Do This

#### Stop flu and colds where they start.

A tissue in hand is worth more than boxes of them in the supply closets.

Providing a readily accessible supply of tissues for residents, their visitors and staff--and instructing them to use the tissues to cover their mouth and nose when they cough or sneeze--is the most effective way to prevent transmission of flu or colds, says **James Marx, RN, CIC**.

"You also need receptacles for the tissues," adds Marx, principal of **BroadStreet Solutions**, an infection control consulting firm in San Diego.

**Tip:** Print flyers or posters of the **Centers for Disease Control & Prevention's** "cover your cough" respiratory etiquette ([www.cdc.gov/flu/protect/covercough.htm](http://www.cdc.gov/flu/protect/covercough.htm)). The guidance advises that you:

- cover your mouth and nose with a tissue when you cough or sneeze.
- if you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- put your used tissue in the wastebasket.
- clean your hands after coughing or sneezing. Wash with soap and water or use an alcohol-based hand cleaner.