Respiratory hygiene is a key way to prevent the spread of respiratory illnesses, including:

- Colds
- Influenza
- Whooping Cough
- Coronavirus
- and others

- Cover your nose and mouth with a tissue every time you cough or sneeze. Dispose of tissues properly after use.

- Wear a surgical mask for medical appointments and keep at least three feet away from others if you have respiratory symptoms.

- Wash hands often.

UMass Memorial Health Care