



## Prevention and Control Measures: Respiratory Illness

### Transmission:

- Respiratory illness is often spread when droplets from an ill person's cough or sneeze come into contact with mucous membranes in the eyes, mouth, or nose of another person.
- The droplets can also accumulate on hands, objects, and various surfaces and be spread indirectly when a person touches those areas.

### Prevention and Control Measures:

- Always cover your mouth with a tissue when coughing or sneezing. Cough or sneeze into your upper sleeve or elbow, if you do not have a tissue available.
- Practice proper [hand washing hygiene](#).
- Avoiding touching eyes, nose, and mouth.
- Stay home until fever free for 24 hours.
- Remember to see your healthcare provider about vaccinations for yourself and your family for certain respiratory diseases such as influenza.
- Clean and disinfect frequently touched surfaces or common areas with 1:10 parts bleach and water solution. Allow the solution to sit for 10 minutes before wiping away. Always follow the cleaning product's manufacturer label.



[http://www.cdc.gov/hicpac/Disinfection\\_Sterilization/6\\_0disinfection.html](http://www.cdc.gov/hicpac/Disinfection_Sterilization/6_0disinfection.html)

**For More Information:** Visit [cdc.gov](http://cdc.gov) and type [respiratory disease](#) in the SEARCH box.



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Respiratory Illness (8/16/2018)