



## Respiratory Etiquette and Hand Hygiene Recommendations

Updated: 05/01/2023

### Recommendations

Respiratory etiquette should be practised and encouraged by all event attendees.

- If an attendee needs to cough or sneeze, they should do so into a tissue or the bend of the arm, not their hand
- When tissues are used they should be disposed of as soon as possible in a plastic lined waste container and hand hygiene performed immediately afterwards.

[Hand hygiene](#) should be practised and encouraged by all event attendees.

- All attendees should wash their hands frequently (for example, before, and after check-in, touching garbage, using the restroom) with soap and water for at least 20 seconds.
- All attendees should use hand sanitizer when soap and water are not readily available.