

# JAM SESSION

## JAM Sessions: Acute Respiratory Infections



**Overview:** Respiratory infections such as Influenza, RSV, and COVID-19 continue to affect healthcare settings. This JAM Session provides a fast, practical reference for staff to prevent transmission in the hospital.

**Get Vaccinated** Annual influenza vaccine and updated COVID-19 and RSV vaccination reduce severe illness.

**Respiratory Hygiene & Cough Etiquette**

Cover coughs/sneezes, use tissues, and clean hands immediately.

**Hand Hygiene** Clean hands before/after patient contact, after touching surfaces, and after PPE removal.

**Mask Use** Wear a mask during respiratory surges or when caring for symptomatic patients.

**Environmental Cleaning**

Clean and disinfect high-touch surfaces and shared equipment regularly.

**Stay Home if Sick** Do not report to work when experiencing fever, cough, congestion, or other symptoms.

**SCAN FOR  
YOUR  
JUST-A-  
MINUTE  
SESSION**

