

The two TB job aids - **N95 Respirator Instructions** and the **Cough Coaching Tool** - are designed to be used by health care providers at the health facility to prevent the transmission of TB.

TB is contagious. As a health worker, it is important to be careful about the health and safety of yourself and other patients. The biggest risk for TB exposure is not from patients being treated for TB. This is because TB treatment is very effective and quickly makes patients less contagious. **The most significant risk is from clients who do not know they have TB.** Due to this, it is important that infection control procedures are put into place to prevent the transmission of TB.

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SECTION 1: COUGH COACHING TOOL

This procedure explains the instructions for how to perform cough coaching. This tool is designed to be used by CHWs in situations where they are trying to obtain a sputum sample from a patient for TB evaluation. Use this tool in situations where the clinician/nurse has ordered a sputum test to evaluate a patient for active TB.

1. It is important to protect other patients and yourself from possible TB transmission for the duration that the patient is at the health facility. Take the following precautions:
 - a. Provide N95 masks and teach health personnel to use them. These masks should be worn at all times when in contact with a patient with a possible TB infection.
 - b. Teach patients to cover their mouth while coughing to reduce the risk of exposure.
 - c. Keep windows at the health facility open and fans on when possible.
 - d. Give health talks to discuss TB and prevention techniques.
 - e. Separate patients with suspected TB from other patients when possible.
2. When conducting cough coaching:
 - a. Wear an N95 respirator.
 - b. Escort the patient to a cough tent, or if not available, a clear space outside the health facility.
 - c. Read the 'Cough Coaching' script below.
 - d. Stand to one side and far from the patient while they are coughing in front of you.
 - e. Ensure both you and the patient wash your hands after sputum collection.
 - f. If the patient is going to take home the containers for sputum collection, instruct them on proper infection control techniques they can practice at their homes.

SECTION 2: COUGH COACHING SCRIPT

Read the following script to the patient:

1. Sputum from your lungs can tell if you have TB, so it's important that you cough up a good sample of sputum to test. To find out if you have TB, we need sputum from your lungs, not saliva from your mouth.
2. To cough up sputum from your lungs, first relax. Then breathe in and out deeply three times.
3. Next, take a deep breath and cough hard to bring up sputum from deep down in your chest.
4. Drop the sputum into the cup. Be careful that no sputum gets on the outside of the container.
5. You need to cough up enough sputum to cover the bottom of the container. If you are unable to cough up enough sputum in one try, try again.
6. When there is enough sputum in the container, put the lid on tightly. Hand the sputum container back for testing.
7. You may find you are unable to cough up much sputum even after several tries. If that happens you can try coughing up sputum at home.
8. Sputum collects in your lungs while you sleep so it may be easier to cough it up first thing in the morning as soon as you wake.
9. Inhaling steam can also help to loosen up sputum in your lungs making it easier to cough it up.
10. Wherever you are the technique for coughing up sputum is the same. Relax, breathe in and out deeply three times. And cough forcibly from your chest. Thank you for your best effort.

SECTION 3: N95 RESPIRATOR

An N95 respirator is a mask that is used to prevent the wearer from inhaling TB particles when interacting with patients with suspected TB infection. It is necessary that all health facility staff are properly trained on how and when to use the mask. Following

training, the attached **N95 Respirator Instructions** can be hung up and used by CHWs and other health facility staff as a quick reference.

1. Ensure all health facilities have an adequate supply of N95 respirators available. N95s should be readily available in all TB clinics and wards.
2. Train all health facility staff on how and when to use N95 respirators. These masks should be worn at all times when in contact with a patient with a possible TB infection.
3. Hang the attached poster up in all departments where N95s may be used.
4. Enforce the use of N95s and discuss their importance regularly.
5. In addition to wearing an N95 respirator mask, take the following precautions to reduce TB transmission in your health facility:
 - a. Teach patients to cover their mouth while coughing to reduce the risk of exposure.
 - b. Keep windows at the health facility open and fans on when possible.
 - c. Give health talks to discuss TB and prevention techniques.
 - d. Separate patients with suspected TB from other patients when possible.

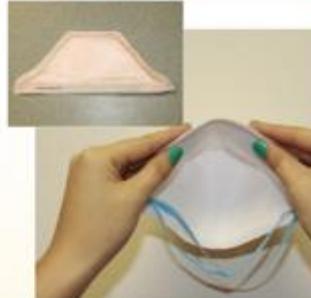
SECTION 4: QUICK REFERENCE GUIDE TO CORRECTLY WEARING AN N95 MASK



6 Six Steps to wearing the N95 MASK



Step 1
Wash your hands before putting on the mask.



Step 2
Select a N95 mask that fits you well. Separate the edges of the mask and slightly bend the thin metal wire to form a gentle curve.



Step 3
Use your index fingers and thumbs to separate the two headbands while you hold the mask. Place the lower end of the mask on your chin.



Step 4
First, pull both the headbands up and over your head. Then, release the lower band from your thumbs and position it under your ears. Now, position the top band at the back of your head.



Step 5
Press the thin metal wire along the upper edge gently against the bridge of your nose so that the mask fits nicely on your face.



Step 6
Perform a fit check by breathing in and out. While breathing out, check for air leakage around your face.



*For instructions on how to wear different mask models:
www.moh.gov.sg/mask

For more information or updates on the haze:
www.e101.gov.sg/haze
www.haze.gov.sg
Tel: 1800 333 99 99 (MOH 24-hour Haze Hotline)

Elderly people, people with chronic lung disease, heart disease or stroke, and pregnant women should consult their doctor on the use of the N95 mask if they feel uncomfortable while breathing. N95 masks are not certified for use on children, so children should remain indoors as much as possible.



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