



---

# Inside Infection Control Participant Booklet

# Welcome

Thank you for joining us. This booklet is a quick guide to the information presented in each topic, including topic overviews, learning objectives, key messages and content outlines, and space to write. Please keep it with you to use during the sessions.

## About Project Firstline

Our goal at Project Firstline is to make sure you have the infection control knowledge that you need and deserve to keep yourself, your patients, your colleagues, and your family safe.

To stop the spread of infectious disease threats—including COVID-19—anyone working in a healthcare facility needs a basic knowledge of infection control and must understand and be ready to use infection control processes and procedures throughout their work day, including during every patient care activity and healthcare interaction.

CDC's Project Firstline is a collaborative of diverse healthcare, public health, and academic partners that is working to provide engaging, innovative, and effective infection control training for millions of frontline U.S. healthcare workers as well as members of the public health workforce.

## Infection Control

- **Works**—The right practices can stop germs from spreading in healthcare facilities.
- **Is a Team Effort**—Infection control is most effective when all team members use it consistently.
- **Matters**—Infection control is a critical part of safe healthcare delivery in all healthcare settings.

# How Do Viruses Spread from Surfaces to People?

## Overview

**Topic Four:** How Viruses Spread from Surfaces to People

**Content summary:** How can the virus be transmitted on surfaces?

**Inside Infection Control Video:** *How Do Viruses Spread from Surfaces to People?*

## Learning Objectives

By the end of this episode, participants will be able to:

- Describe two (2) ways viruses can spread from surfaces to people
- Explain one (1) reason why good hand hygiene and environmental cleaning are important to keep germs from spreading in healthcare

## Key Educational Takeaways

- Although COVID-19 is mainly spread through respiratory droplets, another way you can get sick is if you touch something that has live virus on it and then touch your face without cleaning your hands first.
- Virus can get on surfaces when respiratory droplets land on those surfaces.
- Virus can also get on surfaces when body fluids from an infected person – like spit and snot – get onto things nearby.

## Content Outline

- We get sick with COVID-19 when the virus SARS-CoV-2 gets to our nose, mouth, or eyes, mainly by breathing it in, or when respiratory droplets from someone who's infected with the virus get on our eyes.
- The virus can also be carried to our mouth, nose, and eyes if we touch something that has live virus on it, and then you touch our face without cleaning our hands first.
- Respiratory droplets are all very small, but they are different sizes.
- When they're breathed out, some of the droplets will be carried away by the air and travel wherever the air currents are flowing.
- Many of those droplets are big enough – still tiny, but big enough – that they won't travel very far in the air, but will instead start falling downwards.
- When the droplets fall, they don't just fall on the ground. Some of them will fall things that are nearby, like patient beds, tables, waiting room chairs, desks, our clothes, and more.
- Once the droplets land on something, the virus in them can survive for a little while – it's not long for most surfaces, but it's enough for someone to touch the surface and get the virus onto their hands.
- From the hands, the virus can get into the body if you touch your face without cleaning your hands first, and it happens a lot.

- Virus can also get onto surfaces when an infected person touches their eyes, nose, or mouth and gets virus on their hands, and then touches another surface. This leaves virus on that surface that someone else can pick up on their hands and transfer to their face.
- In healthcare, body fluids – including spit and snot – can get onto things near a patient. If anyone touches those surfaces and doesn't clean their hands, they can spread virus around that way, to themselves, to other surfaces, and to other people.
- Understanding how viruses spread on surfaces helps show the importance of good hand hygiene and good cleaning of the environment for infection control, so viruses and other germs don't spread.

## Notes





**For more information please contact**  
Centers for Disease Control and Prevention  
1600 Clifton Road NE, Atlanta, GA 30329-4027  
Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348  
Web: [www.cdc.gov/projectfirstline](http://www.cdc.gov/projectfirstline)