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# 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 Does COVID-19 Spread? A Review.

## Overview

**Topic Five:** How COVID-19 Spreads: A Review

**Content summary:** Brief review of how viruses spread by respiratory droplets and on surfaces.

**Inside Infection Control Video:** *How Does COVID-19 Spread? A Review.*

## Learning Objectives

After viewing this video, learners will be able to:

Describe two (2) ways that SARS-CoV-2 spreads

## Key Educational Takeaways

- The main way that SARS-CoV-2, the virus that causes the disease COVID-19, travels between people is through respiratory droplets in our breath.
- Another way you can get sick with COVID-19 is if you touch something that has live SARS-CoV-2 virus on it, and then touch your face without cleaning your hands first.

## Content Outline

- The main way SARS-CoV-2 spreads is by respiratory droplets.
- When someone who's infected with the virus breathes out, coughs, or talks, the tiny droplets of water that are carrying virus particles that are in their breath can reach a person who's close by.
- Then those droplets are breathed in, or land on the other person's eyes.
- This can happen whether the infected person knows they have the virus or not.
- The virus can also get around when the droplets carrying them get on surfaces, and then from surfaces onto your hands.
- Droplets can fall onto things from a cough or sneeze, or just from just being breathed out.
- Droplets can also be spread around through someone's hands, if they're infected and touch their nose and mouth and then touch something else, like a door handle or an IV pole, without cleaning their hands first.
- Then the virus can get picked up by someone else on their hands, and make its way to their eyes, nose, or mouth, eventually infecting them and making them sick.
- The next series of videos from Project Firstline will focus on the infection control actions that are recommended to stop germs, including SARS-CoV-2, the virus that causes COVID-19, from spreading in healthcare.

## Notes



**PROJECT  
FIRSTLINE**

CDC's National Training Collaborative  
for Healthcare Infection Prevention & Control

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