

Video Transcript with Descriptive Text

Speaker 1 (00:00):

The main way that SARS-CoV-2, the virus that causes the disease COVID-19 travels between people is through respiratory droplets. Every time we breathe out of our nose or mouth, we think we're just breathing out air.

[00:11 – Video is entirely animation. Opens with male nurse wearing hospital scrubs and a mask pulled down to his chin. Stylized respiratory droplets of various colors float into the air from his face.]

But in fact, we're also breathing out tiny droplets of water.

[00:15 – The view focuses on the floating droplets.]

Just think about it. When we're wearing a mask and our glasses start to fog up,

[00:19 – Male nurse wears a mask which covers his nose and mouth. The lenses of his glasses turn from clear to white.]

or when we see our breath on a cold day,

[00:23 – Male Nurse's mask is pulled down to his chin. Stylized respiratory droplets stand out in white against a dark background.]

we are seeing our respiratory droplets.

[00:26 – Multi-colored droplets float in the air.]

These droplets are different sizes and can travel different distances in the air,

[00:31 – The view zooms in on a single, tiny droplet. Several copies of the SARS-CoV-2 virus are suspended within the droplet.]

carrying the SARS-CoV-2 virus.

[00:33 – Female Nurse wears hospital scrubs and a mask that covers her nose and mouth. Droplets float in the air and do not penetrate her mask.]

So when you understand what respiratory droplets are,

[00:37 – The view pulls back and faces of other health care workers are shown.]

you can better protect your patients, coworkers, and yourself from COVID-19.

[00:39 – The view pulls back more and reveals the Project Firstline shield logo.]

[00:42 – Logo text: Project Firstline - CDC's National Training Collaborative for Healthcare Infection Prevention & Control.]

[00:44 – Logos for the CDC and the Department of Health & Human Services are also shown.]