Topic 3: How Respiratory Droplets Spread COVID-19

Agenda

- Introduction
- How Respiratory Droplets Spread COVID-19
  - Video
  - Discussion and reflection
- Session feedback form and next steps

Learning Objectives

- Describe one characteristic (1) of respiratory droplets
- Understand one (1) primary way that SARS-CoV-2 moves between people.
- Explain one (1) reason why infection control actions focus on keeping respiratory droplets out of the air and away from other people.

INSIDE INFECTION CONTROL

WHAT'S A RESPIRATORY DROPLET? WHY DOES IT MATTER?

EPISODE 4

CDC

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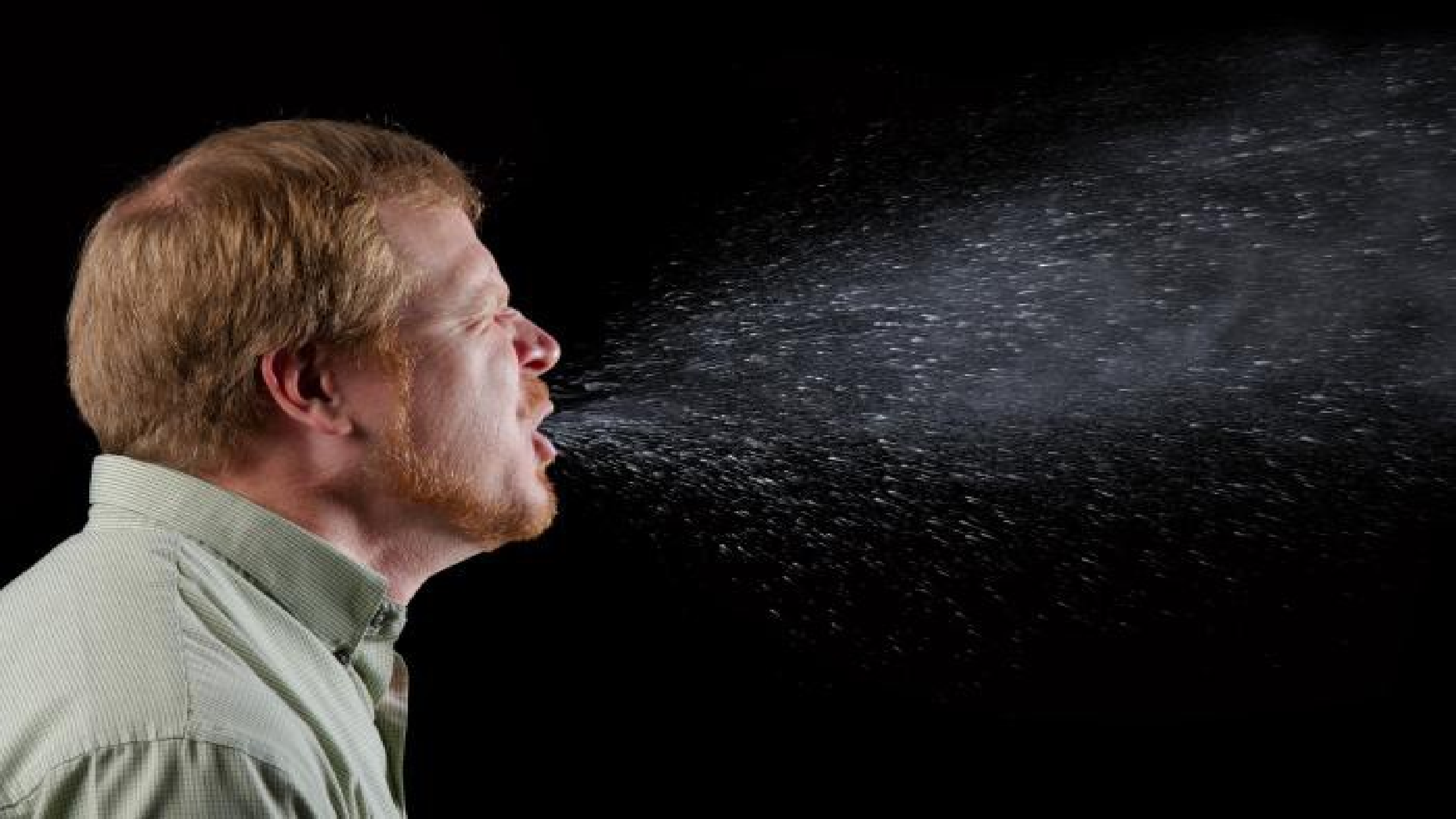

What is your facility doing to prevent people from breathing in each other's respiratory droplets?

Reflection

- How you can positively promote respiratory droplet protection at work?

Key Messages

- **Our breath contains a lot of water that you can't usually see.**
  - When we see our breath in cold air or see our glasses fog up when we're wearing a mask, what we're seeing is all the water in our breath.
  - Those are our respiratory droplets.

- **The main way that SARS-CoV-2, the virus that causes the disease COVID-19, travels between people is through respiratory droplets.**
  - When someone is infected with SARS-CoV-2, the droplets that they breathe out have virus particles in them.
  - People who are close by can breathe the droplets in, or the droplets can land on their eyes, and they can get infected.

Resources and Future Training sessions

Project Firstline on CDC:

https://www.cdc.gov/infectioncontrol/projectfirstline/index.html

Project Firstline on Facebook:

https://www.facebook.com/CDCProjectFirstline/

Twitter:

https://twitter.com/CDC_Firstline

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Feedback Form

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