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FIRSTLINE**  
CDC's National Training Collaborative  
for Healthcare Infection Prevention & Control  
CS320316-A

**Topic 3: How Respiratory Droplets Spread COVID-19**  
[Date of Training]

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## Agenda

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



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## 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.



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## INSIDE INFECTION CONTROL

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

**EPISODE 4**

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5

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



6

**Which of these strategies are easy to implement consistently, and which are hard to implement consistently? Why?**



7

## **Reflection**

How can you positively promote respiratory droplet protection at work?



8

## 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.



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## 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](https://twitter.com/CDC_Firstline)

**Youtube:**

<https://www.youtube.com/playlist?list=PLvvp9iOILTQZQGtDnSDGVikDdRtlc13VX>

**To sign up for Project Firstline e-mails, click here:**

[https://tools.cdc.gov/campaignproxyservice/subscriptions.aspx?topic\\_id=USCDC\\_2104](https://tools.cdc.gov/campaignproxyservice/subscriptions.aspx?topic_id=USCDC_2104)



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Feedback form



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