Respiratory Packet

CDPH

Chicago Department of Public Health

PROJECT FIRST LINE

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

INFECTION PREVENTION ESSENTIALS:

Train Your Team with CDC Project Firstline

As a CDC Project Firstline Partner, the Chicago Department of Public Health is excited to share new infection control educational resources and training materials. These resources, developed with and for healthcare workers, provide you with the tools you need to guide your teams to prevent infection.

We all know that no day in healthcare is the same. You and the team of Healthcare workers around you must make infection control decisions in the moment. Project Firstline's new training toolkits can help your team learn to recognize infection risks throughout their workday, so they can make the right decisions to protect everyone in your healthcare setting.

Respectful of healthcare workers time, Project Firstline's materials are designed to accommodate you and your team's busy schedules. The new resources range from graphics and videos to toolkits you can use to host your own infection control trainings.

This packet contains just a few samples of our resources and infographics that are available.

Please visit the CDPH HAN page, where you will find many free resources, infographics, micro-learns, job aids, interactive scenarios, web-based trainings some offering free CEUs. You will also find our monthly newsletter!

If you have any questions, please contact projectfirstline@cityofchicago.org

SIGN UP TODAY!
CDPH Training Session Request Form

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WHAT IS PROJECT FIRSTLINE?

The Chicago Department of Public Health is proud to be a partner of Project Firstline, the CDC's National Training Collaborative for Healthcare Infection Control.

Together, we are providing engaging and effective infection prevention and control (IPC) training for the frontline healthcare workforce.

CONTACT OUR TEAM!

Our PFL-Chicago Team is available to answer your IPC questions, schedule onsite trainings (earn CEU credits), direct you to free CDC educational materials, and more!

Visit our HAN page or contact us at projectfirstline@cityofchicago.org to learn more.

PROJECT FIRSTLINE
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CDPH
Chicago Department of Public Health

INFECTION PREVENTION & CONTROL TRAINING TOPICS:

1. The Concept of Infection Control
2. The Basic Science of Viruses
3. How Respiratory Droplets Spread COVID-19
4. How Viruses Spread from Surfaces to People
5. How COVID-19 Spreads - A Review
6. Multi-Dose Vials
7. PPE Part 1 - Eye Protection
8. PPE Part 2 - Gloves & Gowns
9. Hand Hygiene
10. Virus Strains
11. PPE Part 3 - Respirators
12. Environmental Cleaning & Disinfection
13. Source Control
14. Asymptomatic Spread of COVID-19
15. Ventilation
16. Prevention of CAUTIs

Infection Control Micro-Learns

User Guide

About the Micro-Learns

The Project Firstline *Infection Control Micro-Learns* are a series of guided infection control discussions that provide brief, on-the-job educational opportunities. Each micro-learn focuses on a single infection control topic and connects infection control concepts to immediate, practical value. Healthcare workers can easily apply the key points to their daily work and perform the recommended actions to keep germs from spreading.

Using the Micro-Learns

The micro-learns can be incorporated into existing opportunities where groups of healthcare workers gather, such as pre-shift "huddles" or team meetings. The sessions should be led or facilitated by an experienced team member with infection control expertise.

Each micro-learn package includes an adaptable discussion guide for the facilitator and one job aid.

Discussion Guide. The discussion guide is not a script. Facilitators are encouraged to adapt the guide for their audience by incorporating relevant and practical questions and ideas. For instance, facilitators can connect the content to the audience's job duties, facility-specific cases or issues, resources and points of contact, or other information.

Job Aid. The one-page, visual job aid helps to reinforce the key messages of the micro-learn. Facilitators are encouraged to make the job aid available after the micro-learn session, such as in digital or hard copy form.

Notes for Facilitators

- Before presenting a micro-learn, check the policies and protocols at your facility and adapt the content accordingly.
- Build on your knowledge, experience, and awareness to connect the content to local context or relevant recent events so that your audience can apply the concepts confidently.
- The micro-learns reinforce infection control concepts when risks are observed in patients or in the patient environment, not necessarily in visitors or other staff members.
- Remind your audience that if they see a patient in distress—e.g., with shortness of breath, bleeding, or otherwise at risk of immediate harm—they should respond to the emergency according to facility protocols.

Cough and Congestion Micro-Learn Discussion Guide:

What to do when you see a patient with cough and congestion

Use the talking points below and accompanying job aid to engage your team in short, focused discussion. Adapt to meet your needs.

1. Introduce the topic

*Share key information about the topic that your audience should **know and connect to your local context:***

- Coughing by itself can be caused by a lot of things, but a cough in combination with congestion—a stuffy, runny nose, runny eyes, and a nasally voice—is commonly caused by a virus.
- These viruses spread easily when an infected person talks, breathes, coughs, or otherwise blows air out of their nose or mouth. One person releasing these germs into the air can infect multiple people quickly.
- Some of these viruses, like cytomegalovirus (CMV), don't cause major problems for healthy people, but they can cause harm to vulnerable patients.

2. Expand on the topic

*Share information about what your audience should **do**:*

- If you're near a patient with cough and congestion and don't know what's causing their symptoms, you can protect yourself from breathing in infectious particles by using a facemask and considering use of a NIOSH-approved respirator according to facility policies.
- As soon as possible, the patient should be placed in a separate room, away from others.
- The patient should wear a mask to keep their germs from reaching you and others, if it's safe for them to do so, i.e., if they're over the age of 2 and are able to remove the mask on their own if they need to.
- Check that air vents in the room are not blocked, as this could prevent the ventilation system from working properly.

3. Discuss with your team

Find out how your audience feels about the topic. Sample questions include:

- What do you usually do when you see a patient who is coughing and has congestion? Do you worry that you might catch something? When might you call for help or assistance?
- Do you have all the tools and information you need to do your job safely?
- As a team, how can we help each other take the right infection control actions when we see a patient who is coughing and has congestion to keep germs from spreading?

4. Wrap up and reinforce

Reinforce key takeaways:

- If you're near a patient with cough and congestion and you don't know what's causing it, use a facemask or respirator to keep from breathing in infectious particles.

Share related facility-specific information and cue to follow-up opportunities:

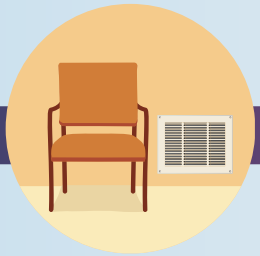
- Connect content with information such as facility protocols for patients with respiratory virus symptoms, facility triage and screening procedures, where to find respirators and whom to call if there are none left, recent cases or examples of patients with cough and congestion, or other relevant information.
- Share reminders, prompts, and opportunities for further learning as appropriate, including the Project Firstline website at www.cdc.gov/projectfirstline.

One patient with cough and congestion can release germs into the air and infect multiple people quickly.

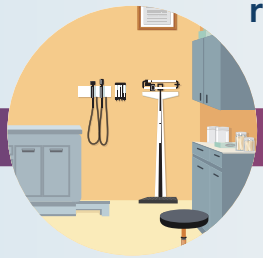
You can help stop the spread of germs.

Ask the patient to wear a mask.

If you are near the patient, wear a respirator or mask.



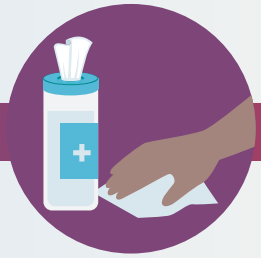
Check to make sure air vents are not blocked.



Place the patient in a separate room.

If the patient also has a rash, check with clinical and infection prevention teams for additional infection control steps.

Clean your hands.



Clean and disinfect surfaces and shared devices.

Learn More

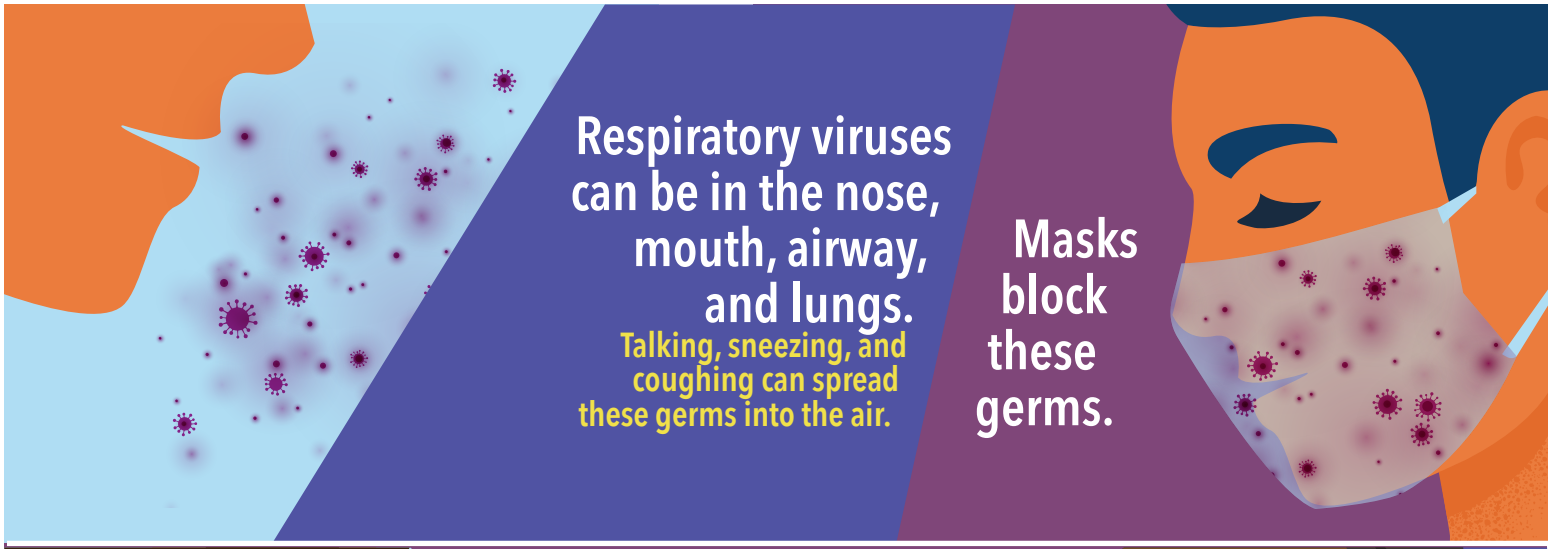
Germs Can Live in the Respiratory System Infographic: https://bit.ly/46Da0WE
Infection Control Actions to Stop the Spread of Respiratory Viruses: https://bit.ly/3O1UXhM
Ventilation in Healthcare Settings: https://bit.ly/3QOYWjs

www.cdc.gov/ProjectFirstline

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

PROJECT FIRSTLINE

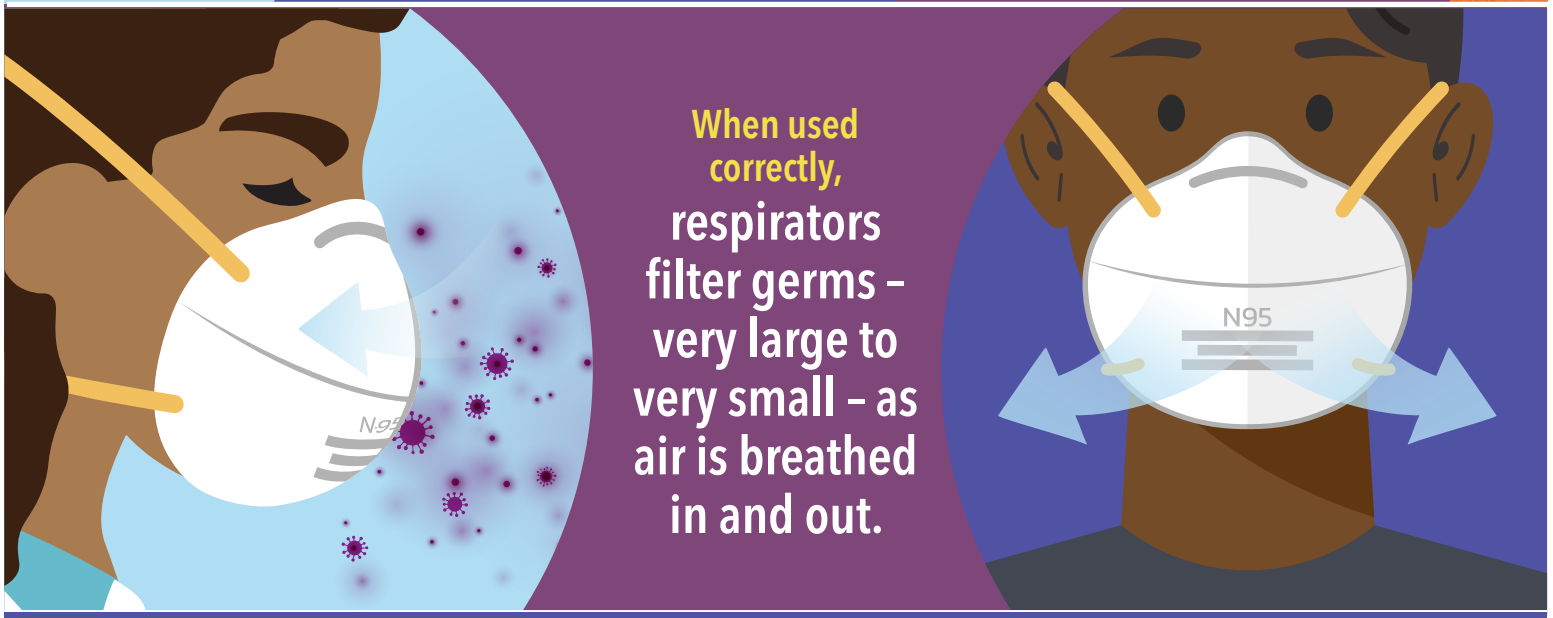
Infection Control Actions to stop the spread of viral respiratory infections like influenza, RSV, and COVID-19.



Respiratory viruses can be in the nose, mouth, airway, and lungs.

Talking, sneezing, and coughing can spread these germs into the air.

Masks block these germs.



When used correctly, respirators filter germs – very large to very small – as air is breathed in and out.

Wearing masks and respirators in healthcare facilities

will protect you, your patients, and your coworkers.

U.S. Department of Health and Human Services
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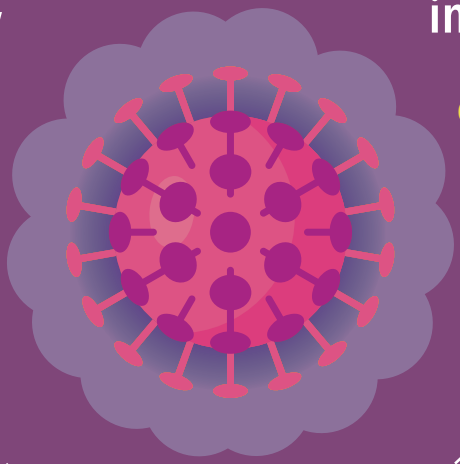
Infection Control Actions to stop the spread of viral respiratory infections like influenza, RSV, and COVID-19.

Hand hygiene and routine cleaning & disinfection help remove or destroy respiratory viruses.



Practicing these infection control actions together effectively stops the spread of germs.

How?

Hand Hygiene

Environmental Disinfection

Alcohol-based sanitizer

inactivates viral particles.

Soap and water

carry viral particles off the skin.

EPA-registered disinfecting products

destroy the virus.

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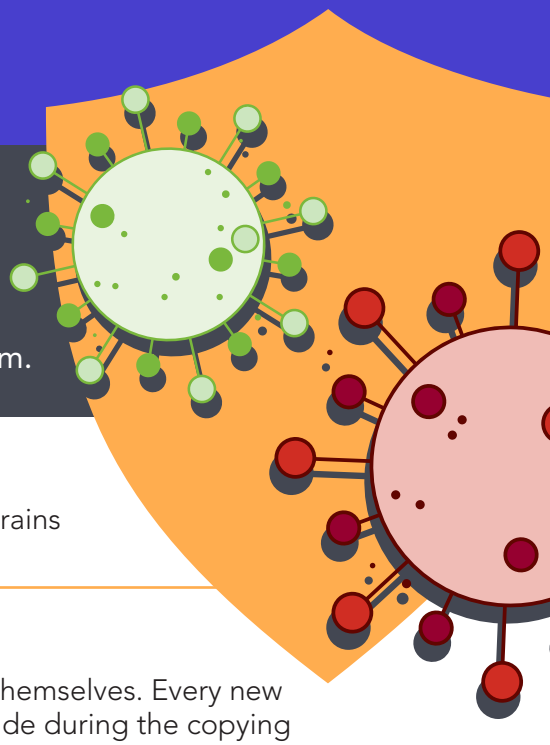
VIRUS STRAINS

Viruses constantly change through mutation, and new variants, or strains, of a virus are expected to occur over time. The following frequently asked questions and answers can help you understand more about virus strains, including what they mean for infection control and whether you should be doing things differently for them.



Q Are strains common with viruses?

A Viruses have new strains all the time. That's why there are different strains of influenza every year, and why you can get a cold more than once.

Q How are strains created?

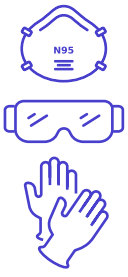
A Viruses have genes that carry instructions for making new copies of themselves. Every new copy contains those instructions as well. Sometimes mistakes are made during the copying process. When the instructions are copied wrong, the new viruses come out slightly different, with the mistake included in the instruction genes. Some mistakes make the virus not work anymore, so it's a dead end. When the new virus is still able to function even with the mistake, that's how a new strain is created, since all of the copies from that virus will carry that mistake.

Q What about the new strains of SARS-CoV-2? Do they spread more easily?

A Researchers are working hard to understand how these new strains of SARS-CoV-2 are different. Some of the new strains of SARS-CoV-2 allow the virus to spread more easily or make it resistant to treatments or vaccines, so it is even more important to continue using the recommended infection control actions.

Q What can we do to protect ourselves and our patients from the new strains?

A Even though new strains of SARS-CoV-2 are around, the basic pieces of the virus are still the same. This means that the recommended infection control actions for health care still work and are still needed to help stop the spread of COVID-19. This includes the following:



Using PPE. An N95 respirator will prevent you from breathing in virus that's in respiratory droplets, and eye protection keeps respiratory droplets from landing on your eyes. Using gloves and gowns protects you and also keeps you from spreading germs into your work environment.

Source control. Masking keeps respiratory droplets out of the air, so the germs in them can't spread to other people or the environment.

Physical distance. Maintaining physical distance helps people avoid breathing in each other's respiratory droplets.

Cleaning your hands. Soap and water and alcohol-based hand sanitizer break apart the envelope that holds the virus together, so it can't spread.

Ventilation. Good indoor ventilation is important for clearing air that might have respiratory droplets in it.

Cleaning and disinfection. Disinfecting products on the EPA's list N are known to kill SARS-CoV-2, including the new strains.

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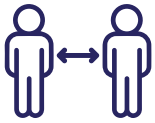
Infection Control for Respiratory Viruses

Use the following infection control measures to prevent and slow the spread of respiratory infections in your facility.

Use of well-fitting masks or respirators, that cover a person's mouth and nose, can prevent the spread of germs when people are breathing, talking, sneezing, or coughing.

Encourage everyone in your facility to get recommended vaccinations. Vaccination is a safe and effective strategy for reducing disease spread and staff absenteeism.



Practice physical distancing, particularly in shared spaces such as waiting rooms, and implement screening and triage procedures. Use signs as visual reminders for patients, implement rapid screening, and separate symptomatic patients as soon as possible.

Practice respiratory hygiene and cough etiquette and encourage others to do the same. Provide masks, tissues, and no-touch receptacles for tissue disposal at facility entrances, triage areas, and waiting rooms.

Clean your hands regularly with an alcohol-based hand sanitizer or soap and water. Share key messages and reminders within in your facility by using CDC's Clean Hands Count resources.

Clean and disinfect regularly. Lobby areas, cafeterias, and waiting rooms are all high-traffic spaces where germs can spread. It's also important to disinfect reusable devices and not reuse disposable items.

Check that the air handling in your facility is functioning as it should. Make sure air vents aren't blocked, and consult with facilities management to ensure the heating, ventilation, and air conditioning, or HVAC, system is working efficiently for proper ventilation.

For more information on infection control recommendations for healthcare settings, visit https://bit.ly/3O1UXhM

www.cdc.gov/ProjectFirstline

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WE HAVE THE POWER TO STOP INFECTIONS. TOGETHER.

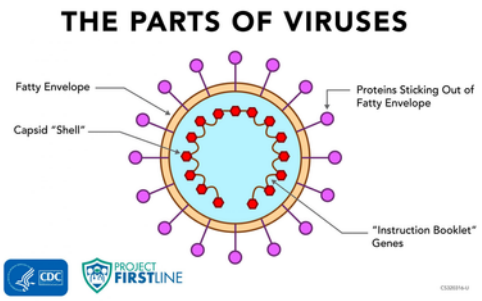
Topic 2: The Basic Science of Viruses

Learning Objectives

- Differentiate one core difference between SARS-CoV-2 and COVID-19.
- Identify, and explain to others, the three main parts of a virus.
- Describe steps showing how viruses use the cells of living things to make more copies.
- Explain why infection control actions focus on keeping respiratory droplets out of the air.

Definitions

- SARS-CoV-2 is the scientific name of the virus (the germ) that causes the disease COVID-19.
- COVID-19 is the name of the disease – the fever, cough, chills, and other symptoms that people have when they are infected with the virus SARS-CoV-2.

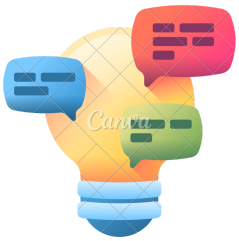


All viruses have two parts:

- Genes that contain all the information needed to make more virus copies
- Proteins that protect the genes and help the virus spread
- Some viruses – SARS-CoV-2 is one of them – also have a third part: an envelope made of special fats that protects the genes and proteins

Viruses use cells in living things, including people, to make copies of themselves. When enough viruses get into our cells and make copies of themselves, the body recognizes that there's an infection, and our immune system revs up to fight off the virus. It is our immune system fighting the virus that makes us feel sick.

Watch and Discuss



Have you ever received questions from patients or coworkers on these topics?

Do these videos give you any ideas of how you could explain these concepts to others?

Project Firstline YouTube Playlist:
https://www.youtube.com/playlist?list=PLvrp9iOILTQZQGtDnSDGViKDdRtIc13VX

CDC Resources

CDC's Hand Hygiene in Healthcare Settings:
www.cdc.gov/handhygiene/index.html

Questions?

Scan the QR code above or contact us directly at
projectfirstline@cityofchicago.org

*For the most up-to-date IPC information, visit https://www.cdc.gov/infectioncontrol/projectfirstline/

Topic 3: How Respiratory Droplets Spread COVID-19

Learning Objectives

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

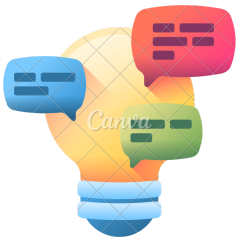
Definitions

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. People who are close by can breathe the droplets in, or the droplets can land on their eyes, and they can get infected.

Have you ever seen an image that looks like this one? When we look at photos like this, it's easy to understand why these little droplets matter and why we care about preventing people from breathing in each other's 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.

Watch and Discuss



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

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

Project Firstline YouTube Playlist:
https://www.youtube.com/playlist?list=PLvrp9iOILTQZQGtDnSDGViKDdRtIc13VX

CDC Resources
CDC's Hand Hygiene in Healthcare Settings:
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Topic 4: How Viruses Spread from Surfaces to People

Learning Objectives

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

Definitions

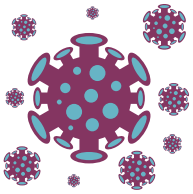
Fomite transmission:

- Infection spread through direct contact with an article or surface (e.g., from a stethoscope) that has become contaminated with infectious material.
  - Fomite: nonliving object contaminated with microorganisms that can spread the microorganisms to other persons.

Contact transmission:

- Infection spread through direct contact with an infectious person (e.g., touching during a handshake or taking a pulse) or with an article or surface that has infectious material on it.

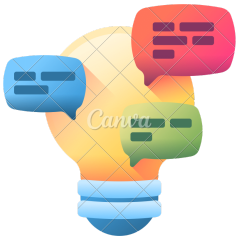
Although COVID-19 is mainly spread through respiratory droplets, another way you can get sick is if you touch something that has live virus on it and then touch your face without cleaning your hands first. nearby.



Viruses

- Can get on surfaces when respiratory droplets land on those surfaces.
- Can also get on surfaces when body fluids from an infected person – like spit and snot – get onto things nearby

Watch and Discuss



Project Firstline YouTube Playlist:
https://www.youtube.com/playlist?list=PLvrp9iOILTQZQGtDnSDGViKDdRtIc13VX

What is the hardest part about protecting ourselves from germs that can spread from surfaces?

What are some possible strategies for protecting ourselves against germs that spread from surfaces?

CDC Resources
CDC's Hand Hygiene in Healthcare Settings:
www.cdc.gov/handhygiene/index.html

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Topic 5: How COVID-19 Spreads: A Review

Learning Objectives:

- Describe two ways that SARS-CoV-2 spreads.

COVID-19

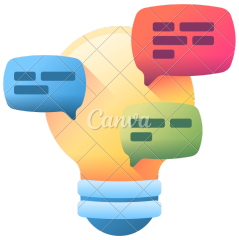
- The main way that SARS-CoV-2, the virus that causes the disease COVID-19, travels between people is through respiratory droplets in our breath.
- Another way you can get sick with COVID-19 is if you touch something that has live SARS-CoV-2 virus on it, and then touch your face without cleaning your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

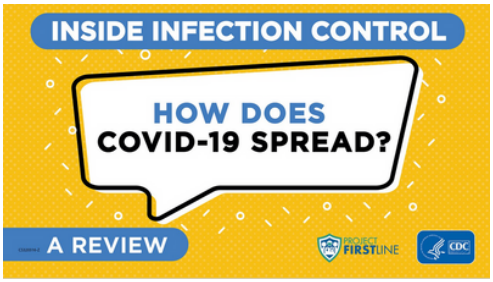
How to Stop the Spread of Infection

- The best way to reduce the risk of spreading COVID-19 is through infection control actions. These include:
    - PPE
    - Source control
    - Physical distance
    - Ventilation
    - Hand hygiene
    - Cleaning and disinfection

It is important to remember that a person infected with COVID-19 may never feel any symptoms, which is called asymptomatic infection. We can't tell who may be infected and able to infect others, so all our infection control actions are still important.

Watch and Discuss:





What do I already know about COVID-19?

What stands out as particularly important about how COVID-19 spreads?

Project Firstline YouTube Playlist:
https://www.youtube.com/playlist?list=PLvrp9iOILTQZQGtDnSDGViKDdRtIc13VX

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Topic 9: Hand Hygiene

Learning Objectives

- Describe two reasons why having clean hands is especially important in healthcare.
- Discuss two reasons why hands are a main way that germs can spread in the environment.

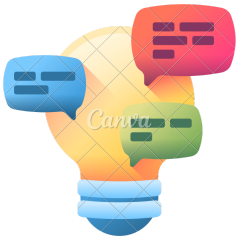
Definitions

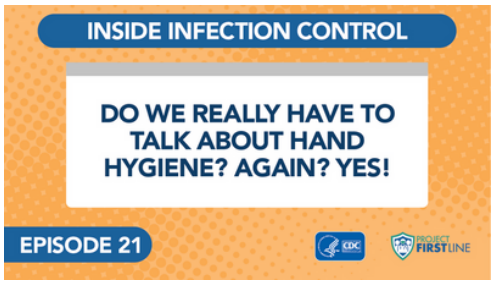
Hand hygiene means cleaning your hands by using either handwashing (washing hands with soap and water), antiseptic hand wash, antiseptic hand rub (i.e., alcohol-based hand sanitizer including foam or gel), or surgical hand antisepsis.

In this graphic, we see a patient who is ill and coughing, with respiratory droplets traveling into the air and landing on surfaces, where the healthcare worker picks them up with her hands and, unfortunately, carries the germs to her eyes. The healthcare worker could also easily carry the germs to her nose or mouth while or after removing her mask.

If we touch something with germs on it, and then touch something else without cleaning our hands first, we can spread germs that can be picked up by someone else. This is how a lot of germs spread in healthcare – not just viruses.

Watch and Discuss





What did we learn from the nursing example?

What stands out as particularly important about hand hygiene in healthcare?

Project Firstline YouTube Playlist:
https://www.youtube.com/playlist?list=PLvrp9iOILTQZQGtDnSDGViKDdRtIc13VX

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Topic 10: Variants

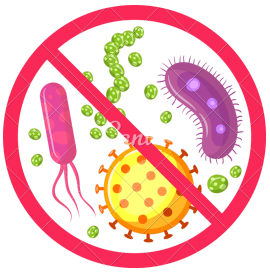
Learning Objectives

- Describe one way that new virus strains develop.
- Discuss why the infection control actions recommended for COVID-19 work for new strains of SARS-CoV-2, and why they are even more important.

Definitions

Mutation describes the process through which the SARS-Cov-2 virus changes.
Variants describe the version of the virus that has changed, through mutation, from the original virus.
Strains is used in the same way as the word variants.

Infection Control for New Strains

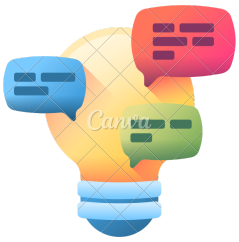


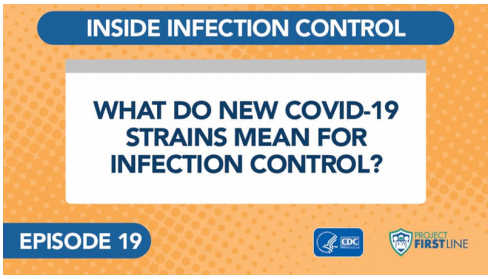
Infection control actions work, and they work against the new strains of SARS-CoV-2. These include the following recommendations for use of

- PPE
- Source control
- Physical distance
- Ventilation
- Hand hygiene
- Cleaning and disinfection

Viruses regularly create new strains. New strains are created when viruses make copies of themselves. When replicating, sometimes mistakes are made. Those mistakes create a slightly different version of the virus – the variant.

Watch and Discuss





Have you had to explain the new virus strains to anyone at work?

What do you think is important for patients and families to know about virus strains?

Project Firstline YouTube Playlist:
https://www.youtube.com/playlist?list=PLvrp9iOILTQZQGtDnSDGViKDdRtIc13VX

CDC Resources
CDC's Hand Hygiene in Healthcare Settings:
www.cdc.gov/handhygiene/index.html

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Topic 11: PPE Part 3-Respirators

Learning Objectives

- Describe one job of a respirator.
- Describe two aspects of N95s that ensure they protect the wearer from inhaling small particles.
- Explain one way to perform an N95 user seal check and why it is important.
- Discuss two possible actions you can take if a leak in the N95 is detected.

Definitions

A respirator's job is to keep you from breathing in things in the air that might hurt you, like germs, dust, chemicals, and other dangerous things. Types of respirators used in healthcare:

- Filtering facepiece respirator (FFR), the type most commonly used in healthcare
- Powered air-purifying respirator (PAPR)
- Elastomeric respirator

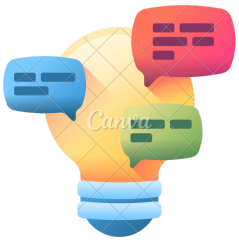
N95 Respirators

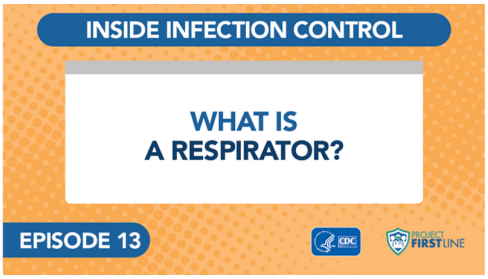
N95s, a type of respirator, are designed to filter out very small particles, including droplets, in the air. N95s work not only because of the filtering material but also because of how they fit, which ensures that all the air that you breathe in goes through the filter first and doesn't leak in around the edges.

N95 User Seal Check

A "user seal check" makes sure you have a good seal, because it's possible to put on an N95 using the correct technique and still not have a good seal around all the edges. Gently breathe out while blocking the paths where air might escape. If the pressure doesn't build up, or there's a leak, you can mold the metal nose strip to the bridge of your nose, or move the straps on the top and base of your head to get the best fit.

Watch and Discuss





What are three types of respirators commonly used in healthcare?

Do you regularly wear respirators on the job?

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Topic 12: Environmental Cleaning & Disinfection

Learning Objectives

- Describe the difference between cleaning and disinfection.
- Discuss why it is important to follow the label instructions on a disinfectant product.

Definitions

Cleaning- a process that removes things like dust, dirt, grime, and other spills, smears, and everyday messes from surfaces, along with some germs.

Disinfection- a process that kills germs, that should be done *after* cleaning

Contact Time- sometimes called "dwell time," this is the amount of time a disinfectant needs to sit on a surface, without being wiped away or disturbed, to effectively kill germs.

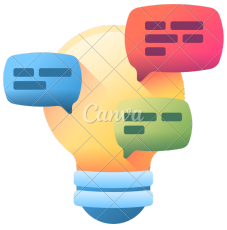
Reading a Disinfectant Label

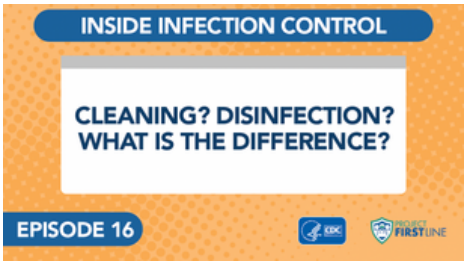
1. Is the product EPA-approved?
2. On which surfaces can the disinfectant be used?
3. What germs has the disinfectant been proven to kill?
4. Should the product be diluted?
5. What is the contact time?

Dos and Don'ts for Disinfection

- ***Do*** follow the listed contact time. This ensures items are disinfected to keep germs from spreading.
- ***Do*** clean *before* disinfecting
- ***Don't*** rush the process. Wait until contact time is complete before using objects or surfaces or before a new patient comes into a room.
- ***Don't*** wipe the surface to dry it faster.
- ***Don't*** blow on the surface to dry it faster.

Watch and Discuss





What actions should we take?

What surfaces and items might get missed because everyone assumes someone else is responsible for cleaning them?

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Topic 13: Source Control

Learning Objectives

- Explain how source control keeps germs from spreading.
- Discuss one reason why source control for COVID-19 focuses on masking.

Definitions

Source control for COVID-19 is the use of well-fitting cloth masks, facemasks, or respirators to cover a person's mouth and nose to prevent spread of respiratory secretions when they are breathing, talking, sneezing, or coughing.

Why Source Control for COVID-19 is Important

- People who are infected with SARS-CoV-2 may not show symptoms and may not be aware that they have the virus. They can still spread the virus to others through their respiratory droplets, which is why source control for COVID-19 is so important.
- For COVID-19, source control focuses on covering your nose and mouth with a mask to keep your respiratory droplets out of the air.

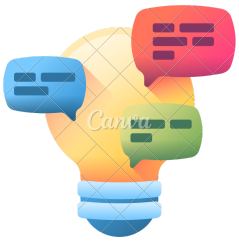
Source Control Tips: Masks

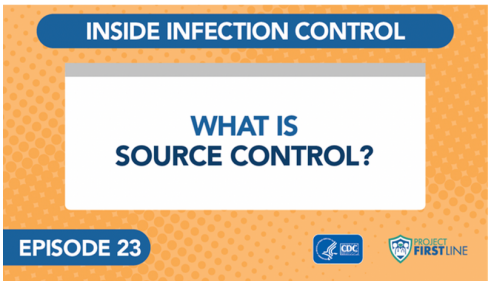
Make sure to wear a mask that:

- Fits snugly around the cheeks and chin without gaps at the edges.
- Covers your mouth and nose.
- Most N95s also block your respiratory droplets from being breathed out into the air.

Source control is an important tool to reduce the spread of COVID-19 and other respiratory infections as well as other diseases.

Watch and Discuss





Why is source control important for COVID-19 care?

How can masks stop germs at the source?

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Topic 14: Asymptomatic Spread of COVID-19

Learning Objectives

- Explain how a person can be infected with SARS-CoV-2 and not feel sick but can still spread the virus to others.
- Discuss one reason why infection control recommendations for COVID-19, such as masking for source control, are in place in healthcare settings.

Definitions

Pre-symptomatic Infection- when a person has been infected with a virus and hasn't started feeling sick yet but will develop symptoms.

Asymptomatic Infection- when a person is infected with a virus and will never feel any symptoms.

How Do Viruses Work?

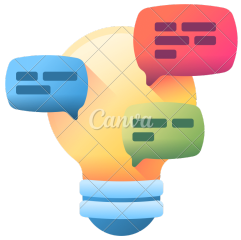
Viruses use living things, including people, to make copies of themselves. When enough virus gets into a person's cells and starts making copies of itself, the immune system revs up to fight the virus.

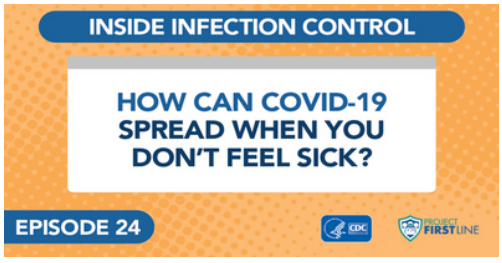
Can You Tell Who Has COVID-19?

No, even people who appear healthy and show no symptoms may have COVID-19 and may be able to spread the SARS-CoV-2 virus. People who are pre-symptomatic or asymptomatic don't have symptoms, but they can still spread COVID-19. We can't tell who may be infected and able to infect others, so all our infection control actions are still important.

Did you know? The flu can also be spread by people who are pre-symptomatic or asymptomatic. People with flu are most contagious 3-4 days after their illness begins. Young children and people with weakened immune systems might be able to infect others with flu viruses for an even longer time.

Watch and Discuss





What is one thing you'll need to do, or continue to do, in your work to protect yourself and others from diseases that can spread when people are infected but may not look or feel sick?

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