**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.

cdc.gov/ProjectFirstline
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.

How?

Alcohol-based sanitizer inactivates viral particles.

Soap and water carry viral particles off the skin.

EPA-registered disinfecting products destroy the virus.

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