



**SD PROJECT  
FIRSTLINE**

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



# January 2024 Newsletter

## Project Firstline Offers **Micro-Learns** to help Stop the Spread of Germs in Healthcare

Micro-learns are a series of guided discussions that connect infection control concepts to immediate, practical value, so healthcare workers can recognize infection risks and take action to stop the spread of germs. They are short, adaptable and can easily be used in your facility to train and educate staff.

### November's Micro-Learn "**Cough and Congestion**"

A cough by itself can be caused by many things. A cough accompanied with congestion, a stuffy or runny nose, runny eyes a nasal voice is often caused by a virus.

Viruses spread quickly when infected persons talk, breathe, cough or blow air out of their nose or mouth. One person can infect multiple people very quickly. Some viruses don't cause major problems for healthy persons, but they can cause harm to vulnerable persons.

Protect yourself and others by utilizing masks or respirators, adhering to hand hygiene, and cleaning and disinfecting. When possible, isolate the infected person, have them wear a mask and ensure proper room ventilation.

Discuss with staff: What do you do when you see someone who has cough and congestion? Do you worry about catching something? Do you have all the tools you need? How can we do better as a team?

**HEALTHCARE  
WORKERS**



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**Learn how to prevent  
the spread of infections  
with CDC infection control  
trainings, posters, and  
resources.**



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[sdprojectfirstline.org](https://sdprojectfirstline.org)



### Office Hours Call Link:

**Join us!** Office hours are the 2<sup>nd</sup> Wednesdays of each month at 11:00 am CST. Each month we focus on an Infection Prevention tip. *Learn, share, network!*

The **South Dakota Foundation for Medical Care** is inviting you to a scheduled Zoom meeting. Join here:  
<https://us02web.zoom.us/j/89402993770?pwd=NkVyMVQwVEdjQlRON0FIMFhmckZwUT09#success>