

Wood County Health Department

Project Firstline Cough/Congestion Education Packet

- 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.

Resources Available:

Interactive & multi-media resources

English & Spanish language resources



CDC Interactive and Multimedia Resources

Infection Control Guidance: Respiratory Viruses
bit.ly/3O1UXhM



Print Materials

Germs Can Live in the Respiratory System
bit.ly/46Da0WE

Ventilation in Healthcare Settings
bit.ly/3QOYWjs

Questions:

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Learn more about Project Firstline and how it impacts Wood County at woodcountyhealth.org or scan the QR code.



PROJECT FIRSTLINE

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



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