

Minnesota Department of Health Project Firstline Cough Education Bundle

Coughing by itself can be caused by a lot of things, but a cough in combination with congestion—a stuffy nose, runny nose, watery eyes, and/or a nasally voice—is commonly caused by viruses. Viruses like respiratory syncytial virus (RSV) or influenza can 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.



Resources available:

Recorded trainings

Interactive & multimedia resources

English & Spanish language resources

En Sp

MDH Recorded Trainings

20 min

[Infection Prevention and Control Actions to Stop the Spread of Viral Respiratory Infections Recorded Training](https://survey.vovici.com/se/56206EE31719634D)

(<https://survey.vovici.com/se/56206EE31719634D>)

20 min

[Source Control Recorded Training](https://survey.vovici.com/se/56206EE34C60DDD9)

(<https://survey.vovici.com/se/56206EE34C60DDD9>)

45 min

[PPE Part 4: Masks, Respirators, and User Seal Check Recorded Training](https://survey.vovici.com/se/56206EE30710F85F)

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.



Learn More

Germs Can Live in the Respiratory System Infographic: <https://bit.ly/34D0WNE>
Infection Control Actions to Stop the Spread of Respiratory Viruses: <https://bit.ly/301386M>
Ventilation in Healthcare Settings: <https://bit.ly/300VWp9>

CDC Micro-Learn and Multimedia Resources

[Cough and Congestion Micro-Learn \(PDF\)](http://www.cdc.gov/project-firstline/media/pdfs/Micro-Learns-Cough-Congestion-508.pdf)

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15 sec

[Did you Know? Germs Live in the Respiratory System \(YouTube\)](https://youtu.be/7nhweHcrZHU)

Print Materials

[Germs Live in the Respiratory System \(PDF\)](http://www.health.state.mn.us/facilities/patientsafety/infectioncontrol/pdf/training/fsresp.pdf)

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[CDC: Ventilation in Healthcare Settings \(PDF\)](http://www.cdc.gov/project-firstline/media/pdfs/Ventilation-508.pdf)

(www.cdc.gov/project-firstline/media/pdfs/Ventilation-508.pdf)

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[CDC: Infection Control Actions for Respiratory Viruses \(PDF\)](http://www.cdc.gov/project-firstline/media/pdfs/respiratory-actions-508.pdf)

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