



PA Project Firstline Newsletter

Spring 2022

Volume 1, Number 3

In This Issue

- Communication is Key for Infection Prevention
- Virus Lock and Key
- Project Firstline Partnerships
- Need Continuing Education Credits?

Project Firstline Partnerships

In addition to their partnership with the Pennsylvania Department of Health, CDC Project Firstline has many other partners.

CDC is teaming with a coalition of academic, public health, and healthcare partners plus 64 state, local, and territorial health departments through the Epidemiology and Laboratory Capacity cooperative agreement to develop interactive and empowering infection control training that will improve our nation's health.

Check out all of CDC Project Firstline's program partners and partner activities, as well as the community college collaborative, [here](#).

Communication is Key for Infection Prevention



Using funding from the Centers for Disease Control and Prevention's (CDC's) Project Firstline, the American Hospital Association (AHA) Team Training created the **TeamSTEPPS Video Toolkit**, which contains tools to help you communicate effectively with colleagues, patients, and families. The toolkits include on-demand videos housed in an interactive online system. Team STEPPS can be used in any care setting, by any type of professional, and in any environment. Some videos cover infection prevention and control, surgery, medical office interactions, and more.

The **TeamSTEPPS** tools topics include SBAR (Situation, Background, Assessment, Recommendation) communication, closed-loop communication, handoff, brief, huddle, debrief, CUS (Concerned, Uncomfortable, Safety), DESC (Describe, Express, Suggest, Consequences), and shared mental model.

You may be familiar with some or all of these tools already, but the TeamSTEPPS video toolkit offers video overviews and scenarios for each communication tool. It also offers a few questions to check your knowledge of each tool after watching the videos. Check them out today and see how they can help your team practice effective communication – and infection prevention and control!

Need Continuing Education Credits?

Check out videos with CDC's Dr. Abby Carlson to learn the basic ideas behind infection control, how they work to prevent COVID-19, and how using infection control actions while you're at work can protect you, your patients, and your co-workers, and your community.

[Earn a certificate of completion](#) for watching Inside Infection Control episodes on CDC TRAIN. Launch the video from TRAIN to receive your certificate.

Earn continuing education through Training and Continuing Education Online (TCEO):

[Group One – Introduction to Infection Control and Virus Basics](#)

[Group Two – Injection Safety](#)

[Group Three – PPE Basics](#)

[Group Four – Respirator Basics](#)

[Group Five – Environmental Cleaning and Disinfection Basics](#)

[Group Six – Ventilation, Source Control, and Hand Hygiene](#)

[Group Seven – How COVID-19 Spreads](#)

Contact Us

PA Project Firstline

Pennsylvania Department of Health –
Bureau of Epidemiology

Room 933, Health & Welfare Building
625 Forster Street

Harrisburg, PA 17120-0701

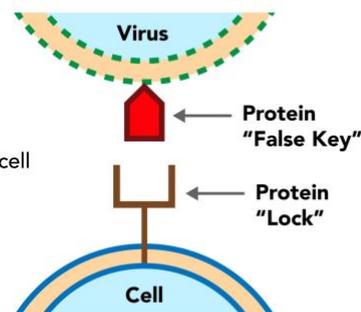
RA-DHFIRSTLINE@pa.gov

Virus Lock and Key

VIRUS LOCK AND KEY

Viruses invade cells

- ▶ Viruses have "false key"
 - ▶ Not exact match
 - ▶ Close enough to "unlock" cell
- ▶ Uses cell to make more copies of itself



CS200316-AD

Let's talk about how viruses make people sick. Viruses are able to use cells in living things, including people, to make copies of themselves. It's how they spread within the body and from person to person.

Our bodies have billions of cells that are like microscopic building blocks. On the outside of our cells, there are tiny parts made of proteins that stick out. They can work like a lock on a door: if you have a key to that lock, you can get into the cell. If you don't have the key, you can't get in.

Some viruses have a little part that sticks out from their outside that works like a "false key" that will fit the lock on at least one type of our cells. It's not an exact match, but it's close enough that the virus can get in and invade that type of cell. When the virus gets inside, it takes over the machinery of the cell and uses it to make copies of itself.

Those new virus copies with their false keys on the outside then break out of the infected cells and move on to infect new cells. As the virus starts getting into more and more cells, the body recognizes that there's an infection and activates the immune system to fight off the virus. It's that activity of the immune system that makes someone feel sick.

There are also times when the immune system is fighting a virus, but the person doesn't feel sick and doesn't know they're infected. When this happens, the person can still spread the virus. For instance, when someone infected with a respiratory virus coughs, breathes out, or talks, droplets with the virus in them are carried out. Those droplets can reach other people, getting into their nose, mouth, throat, and lungs, and this whole process in the cell that we just talked about starts all over again.