

# Educational Videos and Resources from the Centers for Disease Control and Prevention (CDC)

## [COVID-19 Stop the Spread of Germs Video](#)

Help stop the spread of COVID-19 and other respiratory illnesses by following these steps.

## [Wear a Mask to Protect You and Your Friends Video](#)

Wearing a mask can help prevent the spread of COVID-19 to others. Text transcript available.

## [What's the Goal of Infection Control? Episode 1 \(Video\)](#)

In this episode of Inside Infection Control, you'll meet CDC's Dr. Abby Carlson, who will describe the goal of infection control.

## [SARS-CoV-2? COVID-19? What's the Difference? Episode 2 \(Video\)](#)

Ever get confused about the relationship between SARS-CoV-2 and COVID-19, or want help explaining the difference to others? Project Firstline's Dr. Abby Carlson will clear up the confusion in this episode of Inside Infection Control.

## [What's a Virus? Episode 3 \(Video\)](#)

Dr. Abby breaks down the three main parts of a virus and why that information matters when it comes to infection control in this episode of Inside Infection Control.

## [What's a Respiratory Droplet? Why Does it Matter? Episode 4 \(Video\)](#)

This Inside Infection Control episode is all about respiratory droplets. Dr. Abby talks about what these droplets are, and how they spread SARS-CoV-2, the virus that causes COVID-19.

## [How Do Viruses Make You Sick? Episode 5 Video](#)

In episode 5 of Inside Infection Control Dr. Abby explains how a virus can enter your body and what it does once it gets there.

## [How Do Viruses Spread from Surfaces to People? Episode 6 \(Video\)](#)

Dr. Abby talks about how respiratory droplets can make their way to surfaces and then to people – information you need to know so you can use infection control actions to stop it.

## [How to tell the differences between Covid, Cold, Flu, and common allergies? \(Flyer from aafa.org\)](#)

## [CDC Influenza \(flu\) Key Facts \(Webpage\); \[Influenza \(gripe\) \[español\]\(#\)\]](#)