



NIHB PROJECT FIRSTLINE
TRIBAL INFECTION CONTROL

GERMS CAN LIVE IN THE RESPIRATORY SYSTEM

THE RESPIRATORY SYSTEM consists of the upper airway, including the nose, throat, and windpipe, and the lower airway, including the lungs. Many germs live in the upper airway. Like the skin and digestive system, most germs commonly found in the nose, mouth, and throat keep those parts of the body healthy. However, some germs may be there because someone has an infection. Germs in the nose and mouth can be easily spread to the skin and hands when you touch your face. From there, germs can spread to surfaces and other people who may become infected. The defenses of the nose, mouth, and throat keep a lot of germs from getting into the lungs. When germs do get into the lungs, the lungs have defenses for getting germs out, like coughing.

GERMS THAT CAN LIVE IN THE RESPIRATORY SYSTEM:

- Pseudomonas
- Staphylococcus aureus (staph, including MRSA) (tip of the nose)
- Viruses like influenza and SARS-CoV-2
- Tuberculosis

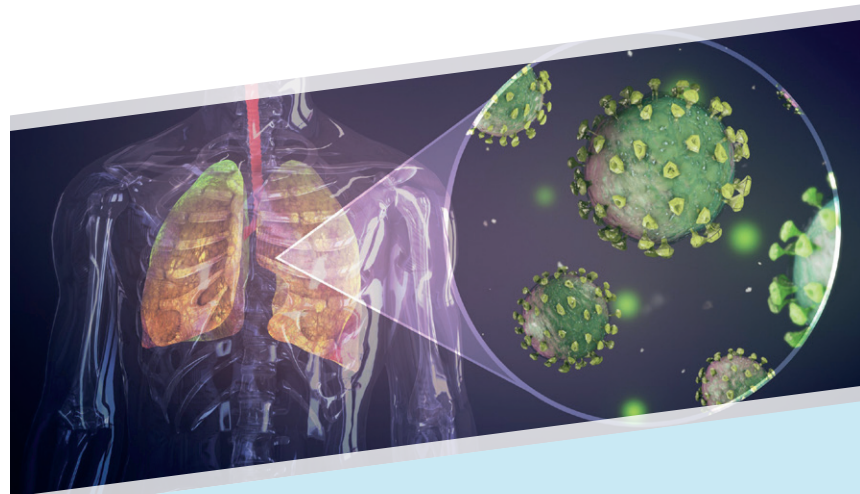
WHERE IS THE RISK?

Germs are more likely to spread in places with poor ventilation or lots of people

When someone's lungs are infected, that person can spread germs through contact and respiratory droplets

TASKS INVOLVING THE RESPIRATORY SYSTEM:

- Intubation
- CPAP used for sleep apnea
- Giving nebulized medication



HOW TRIBAL HEALTHCARE WORKERS CAN TAKE ACTION TO REDUCE RISK:

- Proper hand hygiene
- Use of personal protective equipment (PPE) Such as gloves
- Clean and disinfect high-touch surfaces in your area daily
- Source control (masking)
- Respiratory Hygiene/cough etiquette
- Ventilation



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