HOW DOES COVID-19 SPREAD?

Mainly spreads from close contact with an infected person when they cough, sneeze, or talk.

**ACTION:** Keep a distance of 6 feet (2 metres) from others.

People are most contagious when they are sick and 48 hours before they show symptoms.

**ACTION:** Stay home and self-isolate if you are sick.

Masks or face coverings can help protect others from your germs when used alongside handwashing, physical distancing, and staying home when sick.

**ACTION:** Wear a mask or face covering.

The virus can land on surfaces and survive for hours, but does not spread easily this way.

**ACTION:** Clean surfaces and wash hands often.

While the virus can spread from aerosols during medical procedures, airborne transmission is not a common way the virus is spread.

**ACTION:** Wear a mask when indoors or if you can’t keep your distance.

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