

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.



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

ACTION: Clean surfaces and wash hands often.



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.



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.



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.