HOW DOES COVID-19 SPREAD?

- Having close contact with someone who is contagious, even for short amounts of time.
  **ACTION:** Keep a physical distance as much as possible.
- Most contagious in the first few days when symptoms start.
  **ACTION:** Stay home & self-isolate if sick. Get tested if eligible.
- Droplets from your nose & mouth when you breathe, talk, cough or sneeze can get in the air.
  **ACTION:** Wear a mask indoors. Wash your hands often & cover your cough.
- Aerosols are tiny droplets that can stay in the air longer.
  **ACTION:** Increase airflow & ventilation. Open windows & doors.
- Spreads easier when there are more people indoors, for a long time, with poor airflow.
  **ACTION:** Avoid indoor, crowded areas with poor ventilation.

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