

COVID-19 Transmission through Large Respiratory Droplets & Aerosols in Congregate Living Settings

While the transmission of COVID-19 is complex and our understanding has evolved, the overall key prevention measures have not changed. Avoid the 3 C's: crowded places with many people, closed spaces with poor ventilation and close contact situations.

Recent evidence indicates that COVID-19 can be transmitted through both large respiratory droplets as well as through aerosols. The highest risk of transmission remains from close, prolonged contact, less than 2 metres, with an infected individual.

New variants of concern (VOC) of the COVID-19 virus have been circulating in Ontario. At this time there are no changes to current IPAC measures for these variants of concern.

Transmission depends on multiple factors:

- Forceful expulsion of droplets such as with singing, shouting, coughing and exercising.
- The amount of the virus present, which would be higher at the beginning of an individual's illness.
- Type of contact. Longer and closer contact with an infected individual leads to increased risk.
- Personal protective measures such as maintaining physical distance, wearing a mask or face covering and getting vaccinated will all decrease the risk of virus spread.

No single intervention is perfect at preventing the spread of COVID-19 but layers of public health measures will help to provide optimal protection. Continue to always practice the 3 W's: watch your distance by keeping at least 6 feet/2 metres from people you don't live with, wear your mask indoors and if physical distancing is difficult outdoors, and wash your hands with soap and water or hand sanitizer.

Other key layers of protection include:







- Getting vaccinated.
- Practicing both active and passive screening of clients, staff and visitors.
- Using physical barriers such as Plexiglas when possible.
- Staying home when you are sick or have been exposed to an infected individual.
- Avoiding poorly ventilated spaces.
- Ensuring policies are in place regarding cohorting of staff and clients.

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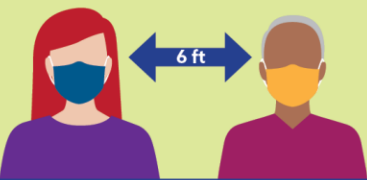




Fully immunized staff should continue to use Droplet and Contact Precautions when caring for patients with suspected or confirmed COVID-19.

For further information refer to [Congregate Living Setting Resources Toolkit](#).

AVOID the 3 C's:

-  **CROWDED PLACES**
with many people

-  **CLOSED SPACES**
with poor ventilation

-  **CLOSE CONTACT**
situations


ALWAYS do the 3 W's:

-  **WATCH YOUR DISTANCE**
by keeping at least 6 feet
from people you don't
live with

-  **WEAR YOUR MASK**
indoors and if physical
distancing is difficult
outdoors

-  **WASH YOUR HANDS**
with soap & water or
hand sanitizer


Stay home, self-isolate & get tested if you feel sick.

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