

HOW DO RESPIRATORY VIRUSES 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.



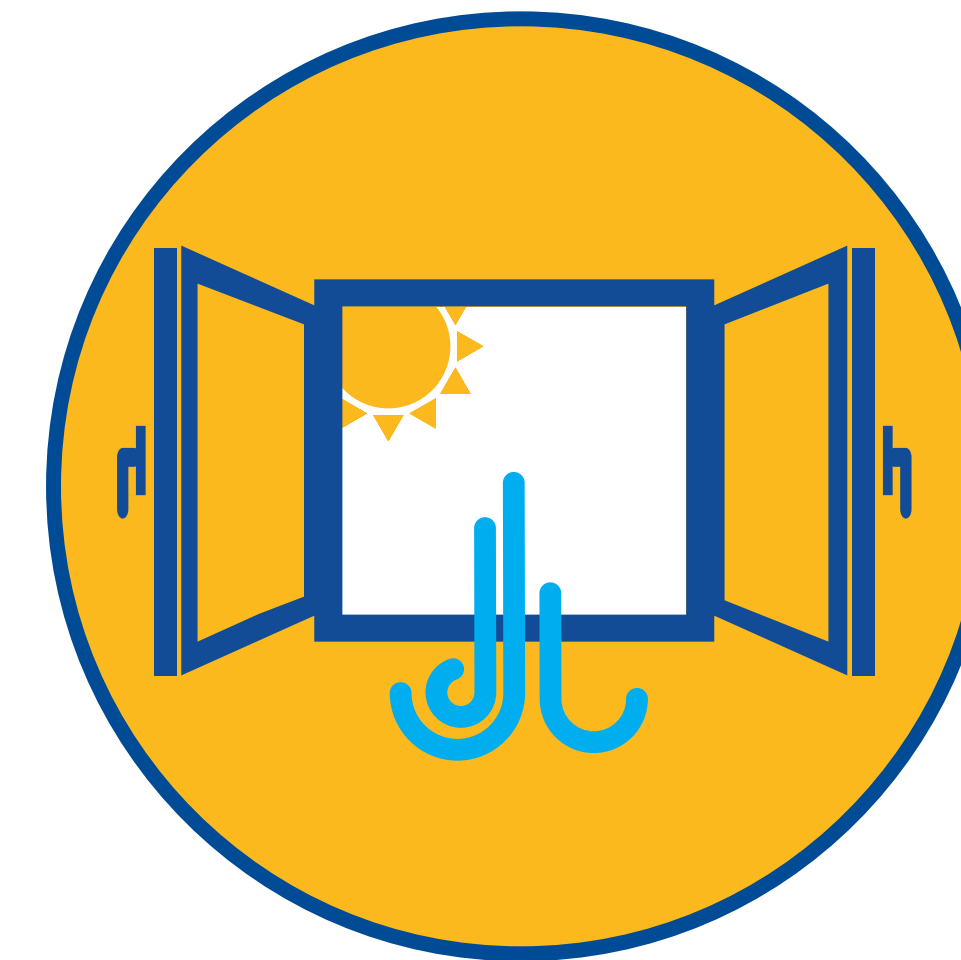
ACTION: Stay home & self-isolate if sick. Get tested if eligible.

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.