

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.



The virus does not spread through the air, so building residents are not at greater risk from shared vents.

ACTION: Keep distance, especially in common areas.



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.