

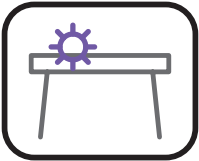
# HOW COVID-19 IS TRANSMITTED



## Being close to someone with COVID-19

- The virus can spread from someone's mouth or nose in tiny invisible droplets
- This is particularly true if someone coughs, sneezes, shouts, sings loudly or breathes heavily

**So... stay 2 metres away from other people, if you have symptoms wear a face covering with other people**



## Touching surfaces

- You can spread the virus by touching surfaces
- You can get the virus by touching surfaces someone with COVID-19 has touched

**So... wash your hands with soap, or use sanitiser, before you touch your eyes, nose or mouth**



## Closed or poorly ventilated spaces

- COVID-19 can spread in places without enough fresh air
- This can be inside and outside – particularly if it's crowded

**So... open windows and doors, avoid crowded places and wear a face covering if you have to be somewhere crowded (inside or outside)**



## Bodily fluids

- The virus can spread through blood, urine, faeces and tears

**So... wear gloves, use bleach and wash your hands with soap or sanitiser**

**WE STAY APART NOW TO BE TOGETHER LATER**