How does COVID-19 spread?

People can contract COVID-19 from others who have the virus. It is spread from an infected person through:

- Respiratory droplets generated when you cough or sneeze.
- Close, prolonged personal contact, such as touching or shaking hands then touching your mouth, nose or eyes before washing your hands.
- Touching something with the virus on it (such as objects and surfaces), then touching your mouth, nose or eyes before washing your hands.

People can also contract COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. Therefore, it is important to stay at least 6 feet (2 metres) away from a person who is sick.