

# 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.

