COVID-19 spreads when every link is present. Infection prevention and control and public health measures break the links to prevent infections. Multiple measures work together to break each link, and most measures act on more than one link.

**WHAT CAUSES COVID-19?**
SARS-CoV-2

**WHO IS AT RISK OF INFECTION?**
Unvaccinated, immune-compromised and the elderly are at highest risk

**HOW THE VIRUS ENTERS**
When the virus comes into contact with mouth, nose, eyes or is breathed into lungs

**MODE OF TRANSMISSION**
Close-range large and small (aerosol) respiratory droplets

**WHERE THE VIRUS LIVES**
Infected people

**HOW THE VIRUS EXITS**
Mouth and nose

**BREAK THE LINK**
• Early testing & diagnosis
• Investigate clusters and outbreaks
• Get vaccinations

**BREAK THE LINK**
• Stay home when you are sick
• Screen for symptoms
• Get vaccinations

**BREAK THE LINK**
• Wear a medical mask with minimal gaps that covers your mouth, nose and chin
• Clean your hands
• Stay home when you are sick or self-isolating
• Cover your coughs and sneezes
• Clean and disinfect environment and equipment

**BREAK THE LINK**
• Surveillance of cases and vaccination rates
• Manage cases and contacts
• Get vaccinations
• Get vaccinations
• Get vaccinations
• Get vaccinations
• Get vaccinations

**BREAK THE LINK**
• Clean your hands
• Choose PPE based on Point of Care Risk Assessment and Additional Precautions
• Respect personal space and avoid overcrowding
• Maintain ventilation systems to meet standards
• Place patients in appropriate spaces

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For more information, visit: bccdc.ca/health-info/diseases-conditions/covid-19