



## How is COVID-19 transmitted?



- **COVID-19 is transmitted mainly through close-range large and small (aerosol) respiratory droplets when an infected person speaks, breathes, sings, coughs or sneezes.**
  - While large respiratory droplets usually fall to the ground quickly within two metres, small droplets (aerosols) can linger in the air under certain circumstances.
  - People can be infected when those droplets come into contact with their mouth, nose or breathed into their lungs.
- **COVID-19 is less often transmitted through contact with surfaces that are contaminated with respiratory droplets.**

## What measures can I take to protect myself and everyone else from COVID-19?



**Ensure you are immunized.**  
This is the best defence against COVID-19, especially severe illness, hospitalization and death.



**Wear a medical mask** that covers your mouth, nose and chin with minimal gaps.

**Stay home when sick.**



**Choose PPE** based on your Point of Care Risk Assessment and Additional Precautions.

**Clean your hands frequently** to remove germs.



**Cover your coughs and sneezes** by using a tissue, your elbow or upper sleeve, and then cleaning your hands.

## What measures do health-care organizations and facilities take to protect everyone?



- Promote vaccination for everyone. All health-care workers are vaccinated.
- Maintain ventilation systems to industry standards.
- Place patients in appropriate spaces.
- Screen patients, visitors, health-care workers and staff for symptoms.
- Prevent overcrowding.
- Provide equipment, instructions and supplies for safe PPE use and hand hygiene.
- Keep health-care environment and equipment cleaned and disinfected.

