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?

<table>
<thead>
<tr>
<th>Ensure you are immunized. This is the best defence against COVID-19, especially severe illness, hospitalization and death.</th>
<th>Wear a medical mask that covers your mouth, nose and chin with minimal gaps.</th>
<th>Stay home when sick.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose PPE based on your Point of Care Risk Assessment and Additional Precautions.</td>
<td>Clean your hands frequently to remove germs.</td>
<td>Cover your coughs and sneezes by using a tissue, your elbow or upper sleeve, and then cleaning your hands.</td>
</tr>
</tbody>
</table>

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.

For more information, visit: 
bccdc.ca/health-professionals/clinical-resources/covid-19-care/infection-control