COVID-19
Know The Facts

COVID-19 spreads primarily from person to person

- Droplets released when someone sick sneezes or coughs can land on the mouths or noses of people nearby
- Close contact with someone sick – like hugging or shaking hands

So if you touch something contaminated and then touch your face or another’s face, you might all fall ill.

COVID-19 mainly spreads from person to person
But it can also be left on objects and surfaces...

Tissue
Laptop and mouse
Doorknobs
Lift buttons
Pens
Digital devices

Reduce your risk of COVID-19

Clean your hands often
Cough or sneeze in your bent elbow – not your hands!

Avoid touching your eyes, nose and mouth
Limit social gatherings and time spent in crowded places

Avoid close contact with someone who is sick
Clean and disinfect frequently touched objects and surfaces
Reduce your risk of COVID-19

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