

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



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



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

Reduce your risk of COVID-19



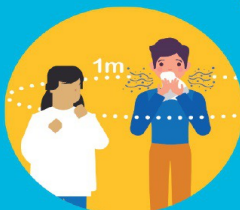
Clean your hands often

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

