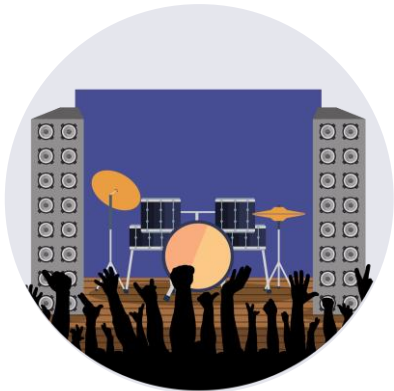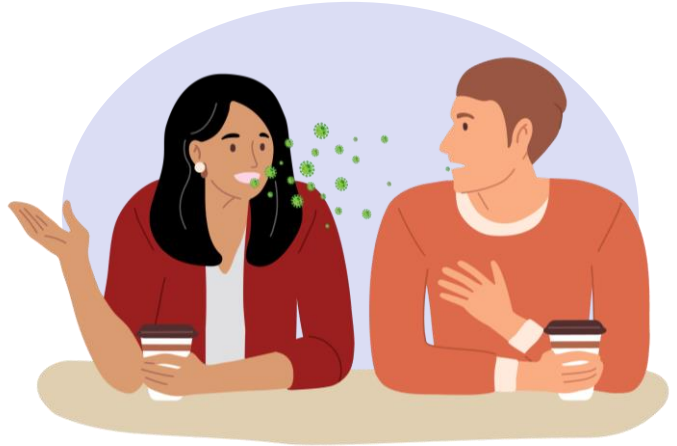# Reducing the Risk of COVID-19

How COVID-19 is spread

Infected people release the virus into the air in droplets when they do things like breathe, talk, sing, or cough.

The virus spreads to other people when:

- They **breathe in** the droplets
- The droplets **land in** their nose, mouth, or eyes
- They **touch** their nose, mouth, or eyes with hands that have the virus on them

Which situations are riskier

COVID-19 spreads more easily in:

- **Closed spaces** with poor air flow
- **Crowded places**
- **Close contact settings** especially where people are talking, shouting, or breathing heavily close together

Reduce your risk in places where COVID-19 spreads more easily.

- Wear a more protective mask such as a cloth mask *over* a surgical mask (double masking) or a respirator
- Keep your visit short
- Go during non-peak hours
- Open windows and doors or turn on a fan

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Protect Yourself from COVID-19

- **Get vaccinated.** It is the best way to protect yourself and others who are at risk. It will slow the spread of COVID-19 including variants of the virus. Encourage your friends and family to get vaccinated.

- **Wear a mask that fits snugly around your nose and mouth** and has at least 2 layers. It is one of the most powerful tools to protect yourself and other unvaccinated people.

- **Try to avoid crowded places.** Being in crowds, especially indoors, puts you at a higher risk.

- **Choose outdoor spaces** for social and fitness activities.

- **Keep your distance**. Use two arms lengths as your guide (about 6 feet).

- **Socialize with the same set of friends and relatives.** Try to avoid mixing with many different people who are not vaccinated.

- **Be flexible.** Be willing to change your plans or leave if you find yourself in a place where COVID-19 can spread more easily.

- **Wash your hands and/or use hand sanitizer often** - especially after being in public spaces.

- **Stay home when sick.** If you have symptoms of COVID-19, talk to a doctor and get a test. Stay home and away from others until you get the result of your COVID-19 test.

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