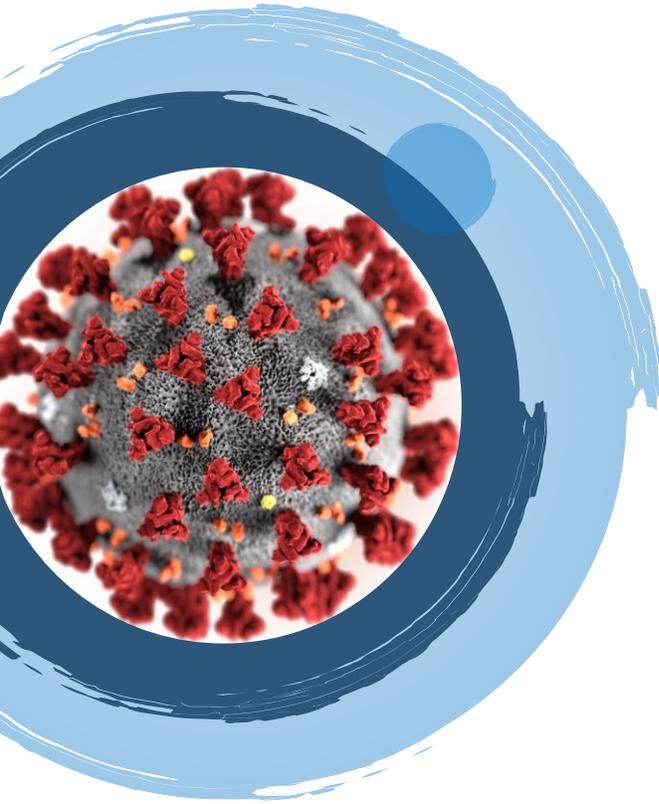


# COVID-19 Transmission



## How Does Coronavirus Spread?

COVID-19 is a new disease and we are still learning about how it spreads. We believe it spreads primarily in two ways:

- person-to-person through respiratory droplets
- from touching contaminated surfaces and then touching our eyes, nose, or mouth.

## Person-to-person

Respiratory droplets are produced when people breathe, talk, cough, or sneeze. These droplets can land in the eyes, nose, or mouth of nearby people, be inhaled into the lungs, and contaminate surrounding surfaces. Depending on conditions, the droplets can travel from 2 feet to more than 25 feet. Larger droplets usually travel up to 6 feet.

Studies indicate that COVID-19 is also spread by people who are asymptomatic or pre-symptomatic through very small respiratory droplets when they breathe or talk. Wearing a face covering over the nose and mouth when out in public, in addition to physical distancing of at least 6 feet, can reduce COVID-19 transmission.

## How long does the COVID-19 virus last on surfaces?

It depends heavily on the type of surface the infected droplets land on, the density of virus particles in the spray, and other environmental conditions - such as temperature and sunlight. Some studies indicate it may be up to 72 hours or more, depending on various factors.

A new and recent study conducted by the National Institutes of Health, CDC, UCLA, and Princeton University (2020) discovered that COVID-19 virus is stable for several hours to days in aerosolized droplets and on surfaces. The study specifically found that SARS-CoV-2 virus, the virus that causes COVID-19, is detectable in fine aerosolized droplets for up to three hours, on copper up to four hours, on cardboard up to 24 hours, and on plastic and stainless steel for up to two to three days.

## How infectious is it?

It is important to know that although coronavirus can be detected on a variety of surfaces for varying amounts of time, there are other important factors to be considered regarding how infectious it may be. How much of a viral load was in the exposure? How is that person's general health? What variables may be impacting their immune system's response? Answers to some of these questions will likely remain elusive.

We do know that the coronavirus that causes COVID-19 is very easily spread person-to-person and from contaminated surfaces. The disheartening evidence we have seen in the media, and of family/friends who have already contracted COVID-19, tells us why we need to be so concerned with hygiene measures and physical distancing. It is a sobering situation and lives depend on each one of us doing our part in making healthy choices and using preventative measures.