How does COVID-19 Spread?

Mainly spreads from close contact with an infected person when they cough, sneeze, or talk.

ACTION: Keep a distance of 2 metres (6 feet) from others.

People are most contagious when they are sick and 48 hours before they show symptoms.

ACTION: Stay home and self-isolate if you are sick.

The virus can land on surfaces and survive for hours, but does not spread easily this way.

ACTION: Clean surfaces and wash hands often.

The virus does not spread through the air, so building residents are not at greater risk from shared vents.

ACTION: Keep distance, especially in common areas.

For details, visit hpph.ca/coronavirus

Adapted with permission from Peterborough Public Health