

# THERE'S ONLY ONE THING YOU NEED TO UNDERSTAND ABOUT HOW A COVID-19 CORONAVIRUS\* SPREADS

\*Coronaviruses are a large family of viruses which may cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

The virus spreads when these droplets get into your:



So if you see someone who is visibly coughing / sneezing / sick, you can choose to:

**1. Keep your distance.**



(0.5m to 2m will keep you safe from large droplets)

**2. Avoid crowds**



(People who are infected can show no symptoms, but are still infectious.)

Sometimes a sick person's saliva can get on other things...



And if you touch any of these things by accident, and then touch your face, rub your eyes or your loved ones face, you might all fall sick.