Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health

How is COVID-19 transmitted?

- **COVID-19 is transmitted mainly through close-range large and small (aerosol) respiratory droplets when an infected person speaks, breathes, sings, coughs or sneezes.**
  - While large respiratory droplets usually fall to the ground quickly within two metres, small droplets (aerosols) can linger in the air under certain circumstances.
  - People can be infected when those droplets come into contact with their mouth, nose or breathed into their lungs.
- **COVID-19 is less often transmitted through contact with surfaces that are contaminated with respiratory droplets.**

What measures can I take to protect myself and everyone else from COVID-19?

Ensure you are immunized. This is the best defence against COVID-19, especially severe illness, hospitalization and death.

Wear a medical mask that covers your mouth, nose and chin with minimal gaps.

Stay home when sick.

Choose PPE based on your Point of Care Risk Assessment and Additional Precautions.

Clean your hands frequently to remove germs.

Cover your coughs and sneezes by using a tissue, your elbow or upper sleeve, and then cleaning your hands.

What measures do health-care organizations and facilities take to protect everyone?

- Promote vaccination for everyone. All health-care workers are vaccinated.
- Maintain ventilation systems to industry standards.
- Place patients in appropriate spaces.
- Screen patients, visitors, health-care workers and staff for symptoms.
- Prevent overcrowding.
- Provide equipment, instructions and supplies for safe PPE use and hand hygiene.
- Keep health-care environment and equipment cleaned and disinfected.