

# How COVID-19 Spreads

Glenn County Public Health



**COVID-19 is thought to spread mainly through close contact from person to person. Some people without symptoms may be able to spread the virus.**

## **PERSON TO PERSON SPREAD**

**The virus is thought to spread mainly from person-to-person.**

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.

**The virus that causes COVID-19 is spreading very easily and sustainably between people. In general, the more closely a person interacts with others and the longer that interaction, the higher the risk of COVID-19 spread.**

**The virus may be spread in other ways. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.**

## **PROTECT YOURSELF AND OTHERS**

**The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread.**

- Maintain good social distance (about 6 feet)
- Wash your hands often with soap and water for 20 seconds
- Cover your mouth and nose when around others

**FOR MORE INFORMATION,  
VISIT [WWW.COUNTYOFGLENN.NET/COVID19](http://WWW.COUNTYOFGLENN.NET/COVID19)  
OR CALL (530) 934-6588**