



# The coronavirus SARS-CoV-2 COVID-19: spread and control

## Spreading through droplets

The virus spreads through droplets that come out of your nose or mouth. This happens when you cough, sneeze, talk, shout or scream. See also the visual “COVID-19: from infection to symptoms”.



## More droplets, higher risk

If you inhale droplets containing the virus, it could make you ill. The more droplets you inhale, the more likely it is that you will get the virus.



## How an epidemic starts

Every time you are near someone else, you can pass on the virus. Meeting up with friends allows the virus to find its way to their families as well. Family members can pass the virus on to their classmates or colleagues. Then other families become infected and the virus also reaches vulnerable people.

If we allow the virus to spread, then someone who is ill can infect three other people on average. That would allow the virus to spread very quickly, causing an epidemic. See also: [The spread of the coronavirus SARS-CoV-2](#).



## Do not allow the virus to spread

To reduce the spread of the virus, minimise the number of other people you see in person.

- The less contact you have with others, the less likely you are to spread the virus.
- Avoid crowds. The virus spreads quickly if many people are close together.
- Stay 1.5 metres from others. Larger droplets do not travel as far.



## Do not give droplets any chance

Good hygiene will not give droplets any chance.

- Wash your hands with soap and water. Virus particles that get on your hands from touching your nose or mouth will wash off easily.
- Do not let droplets end up on your hands. Touch your face as little as possible and cough or sneeze into your elbow.
- Do not shake hands, so any droplets will not be transferred to someone else.



## If you have symptoms, stay home and get tested

Do you have any symptoms? Then stay home and get tested. This is how you can avoid passing the virus on to others.

