

How does COVID-19 spread? The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can also be infected from and touching surfaces contaminated with the virus and touching their face (e.g., eyes, nose, mouth). The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it. How can the spread of COVID-19 be slowed down [meuiip.co](https://www.meuiip.co) or prevented? As with other respiratory infections like the flu or the common cold, public health measures are critical to slow the spread of illnesses. Public health measures are everyday preventive actions that include: ✓ staying home when sick ✓ covering mouth and nose with flexed elbow or tissue when coughing or sneezing. Dispose of used tissue immediately ✓ washing hands often with soap and water ✓ cleaning frequently touched surfaces and objects.