COVID-19 can be spread through:

- Close personal contact, such as touching or shaking hands
- The air by coughing and sneezing without covering your mouth and nose with your elbow
- Touching an object or surface with the virus on it, then touching your face

You can limit the spread of COVID-19 by:

- Keeping a distance of 6 feet from others when close contact isn’t needed
- Covering your mouth and nose with your elbow when sneezing or coughing
- Washing your hands frequently