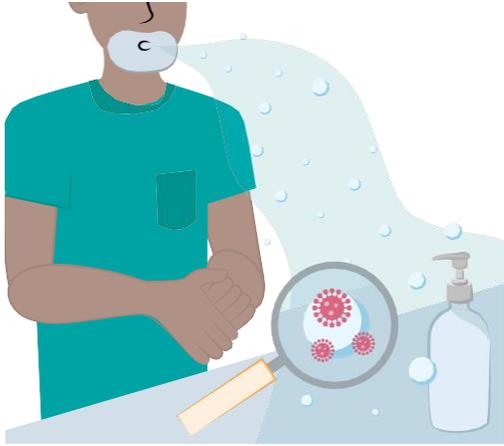


# How Respiratory Droplets Spread



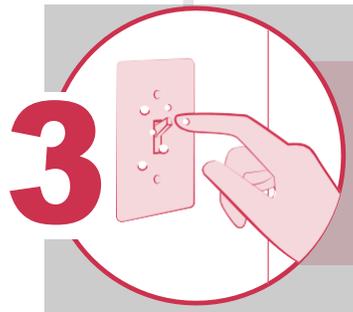
There are **5 ways** respiratory droplets can spread:



**1** **People to people**  
(through direct droplets)



**2** **People to surfaces**



**3** **Surfaces to hands,**  
then hands to nose,  
mouth or eyes



**4** **Hands to hands,**  
then hands to nose,  
mouth or eyes



**5** **Hands to surfaces**

Every time you breathe out of your mouth or nose, you are also breathing out water, or **respiratory droplets**.

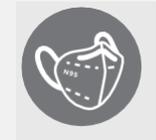
These droplets **can travel** through the air and land on surfaces.

Most droplets are too tiny to see, but they **can contain virus particles**.

## Viruses that spread through respiratory droplets include:

- SARS-CoV-2
- Influenza
- Adenovirus
- Respiratory Syncytial Virus (RSV)

## Stop respiratory droplets in their tracks:



Use PPE



Perform Hand Hygiene



Clean and Disinfect Surfaces