

Understanding How COVID-19 Spreads in the Community

Over the Holiday Break we may want to get together with family and friends who are not in our household. Unfortunately, this puts everyone at risk of spreading COVID-19, the flu and other illnesses. There are several factors that increase this risk. There is an increased chance of exposure during travel at airports, bus stations, public transportation, gas stations and rest stops which are all places of potential exposure. Gathering places with close quarters and poor ventilation pose more of a risk than outdoor gatherings. Holiday gatherings last longer than 15 minutes and generally include eating which means mask/face coverings are off which again increases the risk of spreading COVID-19. Furthermore, we may not know the behaviors of others prior to attending the family gathering.

Here is a video that shows how easily COVID 19 can spread in our community:
https://www.youtube.com/watch?v=9pVy8sRC440&feature=emb_rel_end