COVID-19 Is in Aerosols: Here Is What You Should **Avoid**

**COVID-19 Avoid**

- **Crowding**
- **Indoors**
- **low Ventilation**
- **Close Proximity**
- **long Duration**
- **Unmasked**
- **Talking**
- **singing**
- **ACIVIC DUTY**
- **Yelling**
- **breathing hard**

**What Does This Mean?**

- "Aerosol" (aka as "airborne") transmission is similar to droplet transmission (that we can see)
- But the bits of fluid are tiny
- And they can linger in the air for minutes to hours

Think of smoke to help your risk assessment & risk reduction strategies. Just imagine that others you encounter are all smoking: the goal is to breathe as little smoke as possible and avoid those "smoke filled areas."

Full article: [www.time.com/5883081/covid-19-transmitted-aerosols](http://www.time.com/5883081/covid-19-transmitted-aerosols)