What do we know about how COVID-19 is transmitted?

We continue to find out more about COVID-19 and how it spreads, but the virus is thought to spread mainly from person to person, when ill people cough or sneeze. Maintaining good social distance (about 6 feet) is very important in preventing the spread of COVID-19.

If someone with COVID-19 coughs on something or coughs on their hand and then touches something, the virus might be on that object. If someone then touches that object a short time later, and then touches their eyes without cleaning their hands, that could lead to infection as well. This is not thought to be the main way the virus spreads, but we are still learning more about this virus. Cleaning often-touched surfaces with disinfectant helps prevent this. It is also recommended that people practice frequent “hand hygiene,” which is either washing hands with soap and water or using an alcohol-based hand rub.