

COVID-19: THINGS TO KNOW



HOW IS COVID-19 TRANSMITTED?

COVID-19 spreads primarily
person to person via

respiratory droplets when

someone who is infected
coughs, sneezes, sings,
talks, or exhales.



Larger droplets fall and land on
surfaces while smaller droplets
become aerosols that can
linger in the airspace.

ISOLATION VERSUS QUARANTINE

Quarantine...

Keeps those who may have been exposed to the virus away from others.

If you are a close contact of someone who tests positive, you will need to quarantine.

Isolation...

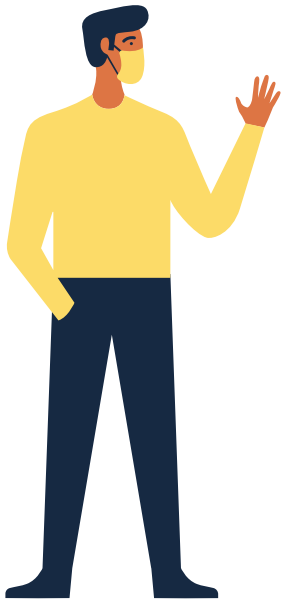
Keeps those who are infected with the virus away from others.

If you test positive, you will be moved to an isolation space on campus.

PROTECT YOURSELF AND OTHERS BY...

Using a combination of physical distancing by maintaining at least 6 feet of distance from other people AND wearing a mask.

Wearing a mask that covers your nose and mouth. Remember to wash and sanitize reusable coverings after each use.



STAY CONNECTED

We can practice physical distancing while staying connected socially!

Combat social isolation by hosting Zoom hangouts with friends, exploring nature outdoors, or connecting digitally with others on social media!



RESOURCES

1. Coronavirus Disease 2019 (COVID-19) - Minnesota Dept. of Health. (2020). MN Department of Health.
<https://www.health.state.mn.us/diseases/coronavirus/>
2. *Get the Facts about Coronavirus.* (2020, February 11). Centers for Disease Control and Prevention.
<https://www.cdc.gov/coronavirus/2019-ncov/>
3. Jayaweera, M., Perera, H., Gunawardana, B., & Manatunge, J. (2020). Transmission of COVID-19 virus by droplets and aerosols: A critical review on the unresolved dichotomy. *Environmental Research*, 188, 109819.
<https://doi.org/10.1016/j.envres.2020.109819>



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HOW IS COVID-19 TRANSMITTED?

The COVID-19 virus spreads primarily person to person via **respiratory droplets** when someone who is infected coughs, sneezes, sings, talks, or exhales.



Larger droplets fall and land on surfaces while smaller droplets become aerosols that can linger in the airspace.

ISOLATION VERSUS QUARANTINE

Quarantine...

Keeps those who may have been **exposed** to the virus away from others.

If you are a **close contact** of someone who tests positive, you will need to quarantine.

Isolation...

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