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REVIEWED

By Chris at 12:52 pm, May 20, 2020

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Coronavirus Disease 2019 (COVID-19)

How COVID-19 Spreads

COVID-19 is thought to spread mainly through close contact from person-to-person. Som

may be able to spread the virus. We are still learning about how the virus spreads and the

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.

The virus spreads easily between people

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious and spread easily. Other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it continues to spread from person to person without stopping.

The virus that causes COVID-19 is spreading very easily and sustainably between people. The ongoing COVID-19 pandemic suggests that this virus is spreading more efficiently than influenza. Measles, which is highly contagious, is spreading less easily.

The virus does not spread easily in other ways

COVID-19 is a new disease and we are still learning about how it spreads. It may be possible that the virus spreads in other ways, but these are not thought to be the main ways the virus spreads.

- **From touching surfaces or objects.** It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly eyes. However, this is not thought to be the main way the virus spreads, but we are still learning more about this virus.
- **From animals to people.** At this time, the risk of COVID-19 spreading from animals to people is low. Learn about [COVID-19 and pets and other animals](#).
- **From people to animals.** It appears that the virus that causes COVID-19 can spread from people to animals in some situations. CDC is aware of a small number of pets worldwide, including cats and dogs, that have been infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19.

you have pets.

Protect yourself and others

The best way to prevent illness is to avoid being exposed to this virus. You can take steps

- [Maintain good social distance](#) (about 6 feet). This is very important in preventing the
- [Wash your hands](#) often with soap and water. If soap and water are not available, use at least 60% alcohol.
- [Routinely clean and disinfect](#) frequently touched surfaces.

Learn more about what you can do to [protect yourself and others](#).

More Information

[ASL Video Series: How does COVID-19 Spread?](#)