

DISEASE TRANSMISSION

in indoor environments

Protective actions should be increased to match the risk. For example, protections should be considered when local transmission rates are high and for individuals that may be at higher risk. Higher risk individuals may include those that are pregnant, immunocompromised, young children, elderly, or those with other chronic health conditions.

Refer to local public health organization recommendations.

Decrease high particle generating activities like singing.



Open doors and windows to introduce outside or cleaner sources of air.

Confirm that ventilation systems are active and operating.

Maximize spacing between individuals

Minimize the number of people in a single indoor space or holding meetings outside or in larger rooms.

Stay home if you are sick, have been exposed to illness, or are unsure if you are contagious. Choosing to remain home can be an act of love, preventing illness from spreading to others you care about.

Use a high quality, well fitted mask such as an N95 or KN95, to protect yourself and others. Doing so prevents persons with disease from spreading illness to others while also protecting healthy individuals from inhaling harmful particles.

Clean commonly touched surfaces regularly and provide handwashing/sanitizing options.