

PREVENTING COVID-19 TRANSMISSION



Touching contaminated surfaces



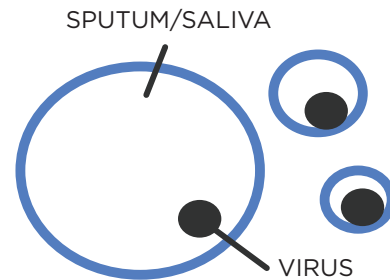
Airborne respiratory droplets*

**Primary route of transmission*



Person-to-person contact

HOW COVID-19 SPREADS



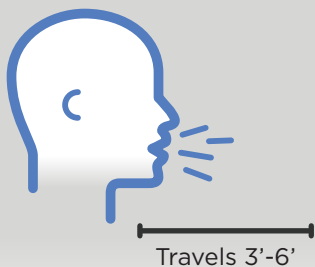
THE JOURNEY OF A GERM: AIRBORNE TRANSMISSION

LARGER DROPLETS

- Fall out of the air within seconds to minutes
- Remain close to their source

SMALLER DROPLETS & PARTICLES

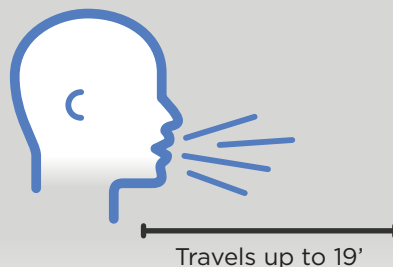
- Remain suspended for minutes to hours
- Can travel far from their source on air currents



Travels 3'-6'

ONE BREATH:

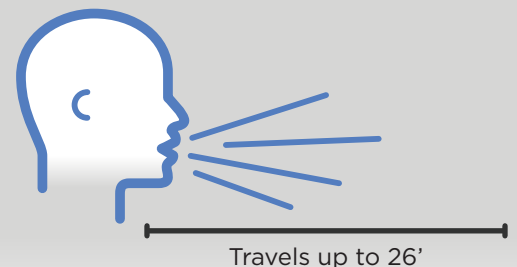
- Releases 50-500 droplets
- Low velocity



Travels up to 19'

ONE COUGH:

- Releases 3,000+ more droplets
- Velocity ~50 mph



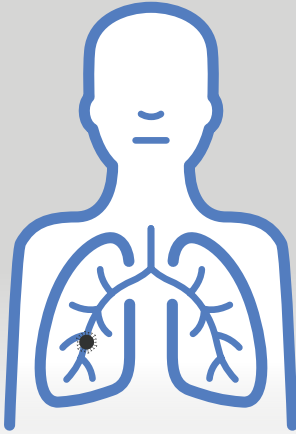
Travels up to 26'

ONE SNEEZE

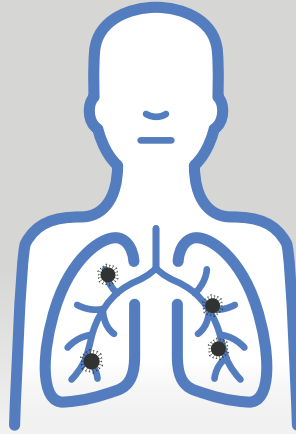
- Releases 30,000+ droplets
- Velocity ~200 mph

REDUCING VIRAL LOAD

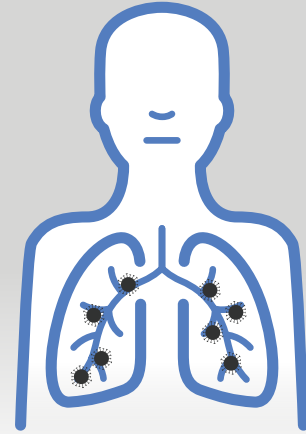
Prevention strategies are aimed at reducing the **viral load**, or the amount of virus a person is exposed to.



Viral load below infectious dose:
No infection

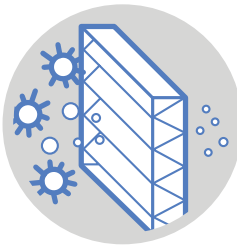


Low viral load:
Milder symptoms and better outcomes



High viral load: More severe symptoms and worse outcomes

A THREE-PRONGED APPROACH TO PATHOGEN PROTECTION



ENVIRONMENTAL CONTROLS

Efforts to reduce the concentration of virus in the air and on surfaces.

Includes:

- Increasing ventilation and air turnover
- Filtration to remove virus from the air
- Surface cleaning and sanitizing
- Physical barriers
- Reduced occupancy



PERSONAL PROTECTION

Actions taken by individuals to reduce person-to-person transmission.

Includes:

- Masks
- Other PPE (e.g., gloves, face shields, gowns)
- Frequent handwashing
- Use of hand sanitizer



ADMINISTRATIVE CONTROLS

Efforts to minimize person-to-person contact and detect and control outbreaks.

Includes:

- Social distancing policies
- Health screenings
- Quarantine policies
- Contact tracing
- Communication

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Sources: CDC, OSHA