



# HOW DO VIRUSES SPREAD FROM SURFACES TO PEOPLE?

We get sick when viruses enter our

EYES

NOSE

MOUTH

OR ON OUR HANDS

When you touch something with a live virus on it and then touch your face, without cleaning your hands first, the virus can get into your **eyes, nose, and mouth**.

To understand how, let's look at how respiratory droplets travel.

When someone exhales, some of the tiny droplets in their breath get caught in the air.

Then they get carried away, traveling wherever the air currents go.

A lot of those droplets are big and don't travel far in the air.

Instead, they fall towards the ground, like a leaf.

But some of the leaves will get caught by the wind and travel wherever it blows.

These leaves will fall a little further away from the tree.

These leaves fall on the ground, the roof of your house, and your car.

Once the droplets land on a surface and you touch it, the virus can sometimes survive long enough to get on your hands.

Viruses can also get onto surfaces when an infected person touches the surface after touching their... **EYES, NOSE, and MOUTH.**

So what surfaces are viruses usually on? **MORE THAN YOU THINK.**

Viruses could be on a **break room door handle, computer keyboard at the nurse's station, chair, IV pull, or more.**

Then, if someone touches that infected surface—**without washing their hands afterwards**—the virus can spread from them to other places and

So, we can see why good hand **hygiene, cleaning, and disinfection** are important.

**These actions make sure we can reduce the spread of viruses and other germs that can make us sick.**

**We encourage you to apply this knowledge to other diseases—not just COVID-19—to protect yourself and others from sickness.**