The Coronavirus Travels Quickly And Lightly

Ever wonder how precautions like social distancing, face masks, and frequent handwashing help protect you from the virus?

1. How COVID-19 travels from a person

The virus is expelled by a person infected with COVID-19 by exhaling, talking, laughing, and especially coughing or sneezing. This person may or may not show symptoms of the virus.

Children can also get and transmit COVID-19, even if they don’t show any common symptoms.

2. How COVID-19 travels to you

It is believed that the virus is mostly transmitted by the droplets in the air expelled by an infected person, but potentially also through surfaces that these droplets rest upon.

3. How COVID-19 enters your body

The infected droplets are known to enter your body through your nose, mouth, or eyes.

4. What happens when it enters your body (and why it’s so dangerous)

Once the virus enters the body through the nose, mouth, or eyes, it travels down into the alveoli* in the lungs.

Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

COVID-19 relief support: 1.833.956.1554 or navajohopisolidarity.org
More info on COVID-19: CDC.gov/coronavirus

*alveoli = where the lungs and the blood exchange oxygen and carbon dioxide during the process of breathing in and out.