COVID-19 is highly infectious. It spreads through contact with people who have the virus – even those who do not show symptoms. COVID-19 is spread mainly via respiratory droplets. When someone coughs, sneezes or talks, they spray small droplets from their nose or mouth.

The virus spreads in spaces with lots of people and little movement of air. The particles disperse quickly if you are outside, particularly if there is a breeze, making contracting the virus less likely.

COVID-19 can also spread from touching contaminated surfaces and then touching your eyes, mouth or nose. The virus sticks to surfaces and can survive for hours, and even days, on banknotes, coins, clothes and other things.

Elderly people, people over the age of 60, people with diabetes, high blood pressure, heart disease, HIV/AIDS or cancer; and pregnant women are particularly at risk if they catch COVID-19.

If you are elderly, pregnant or have any of these conditions, or live with someone with these conditions, you should take extra precautions.

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