Levels of Exposure
Keeping Yourself and Others Safe

COVID-19 Carrier without mask → Healthy Person without mask
HIGH RISK

COVID-19 Carrier without mask → Healthy Person with mask
MODERATE RISK

COVID-19 Carrier with mask → Healthy Person without mask
LOW RISK

COVID-19 Carrier with mask → Healthy Person with mask
EXTREMELY LOW RISK
NOT SOCIAL DISTANCING

COVID-19 Carrier with mask → Healthy Person with mask
NON-EXPOSURE
6 FT SOCIAL DISTANCING

Please note this is a general guideline. Different masks offer different levels of protection.
How quickly can germs spread?

**A breath:** A single breath releases 50 - 5,000 droplets. Most of these droplets are low velocity and fall to the ground quickly. There are even fewer droplets released through nose-breathing.

**A cough:** A single cough releases about 3,000 droplets, which can travel up to 50 miles per hour. Most droplets are large, and fall quickly, but many stay in the air and can travel across a room in a few seconds.

**A sneeze:** A single sneeze releases about 30,000 droplets, with droplets traveling at up to 200 miles per hour. Most droplets are small and travel easily across a room.

Wear a mask - protect yourself and others