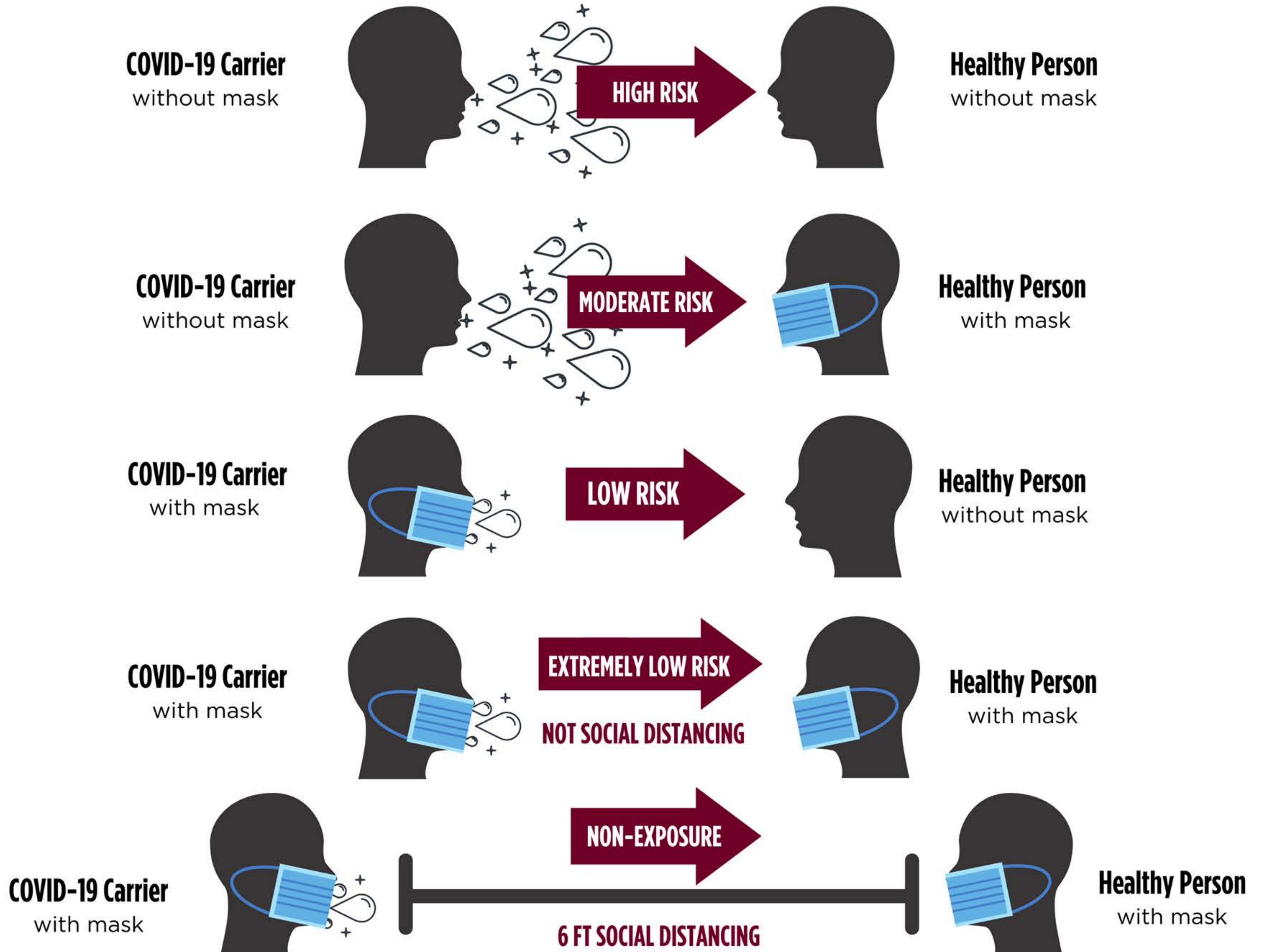
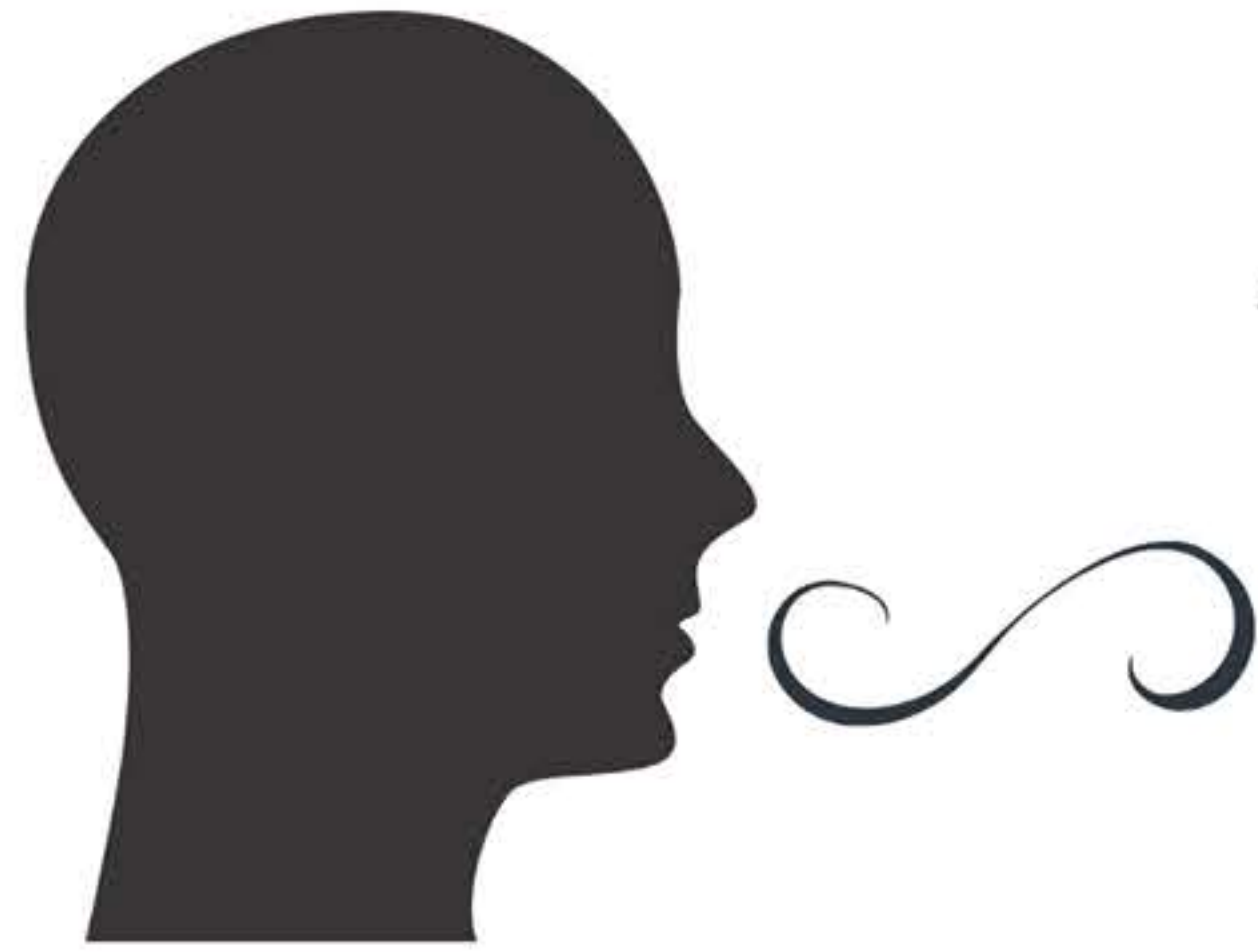


Levels of Exposure

Keeping Yourself and Others Safe

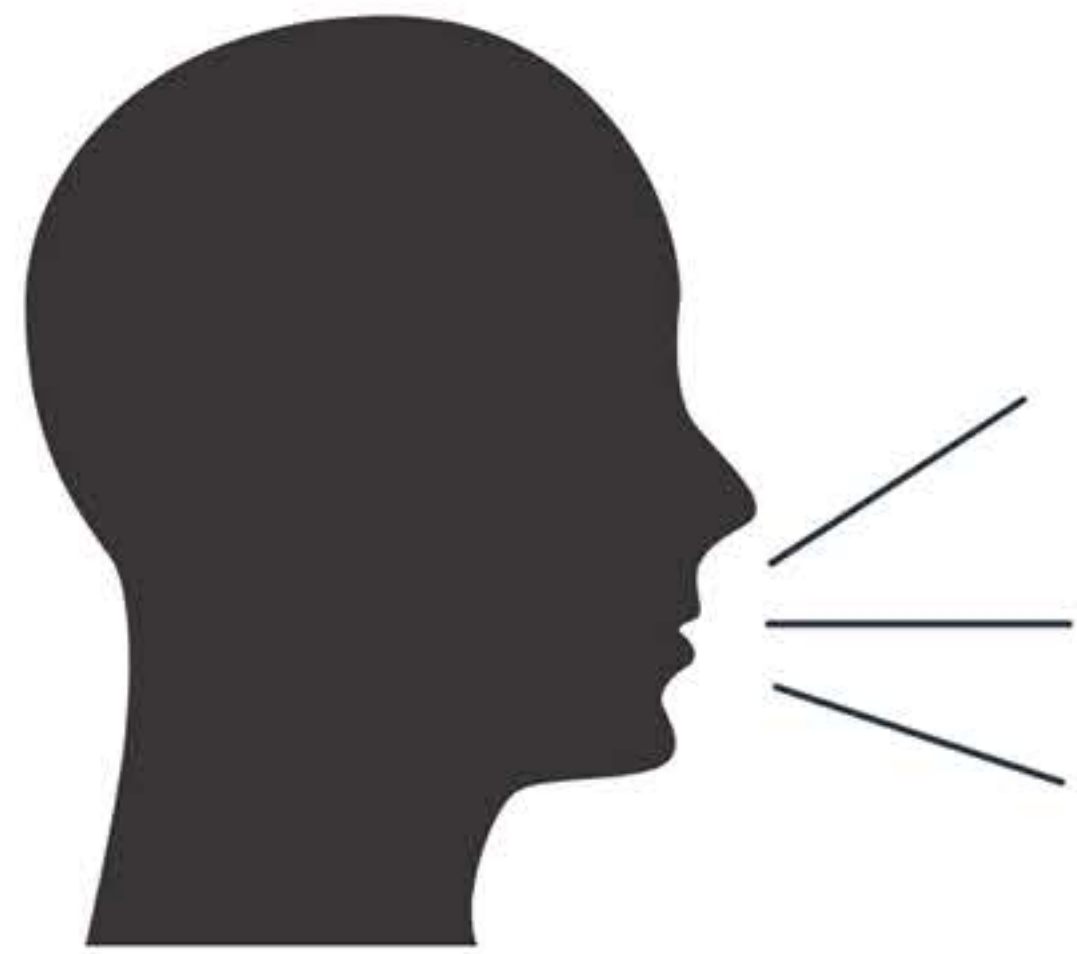


How quickly can germs spread?



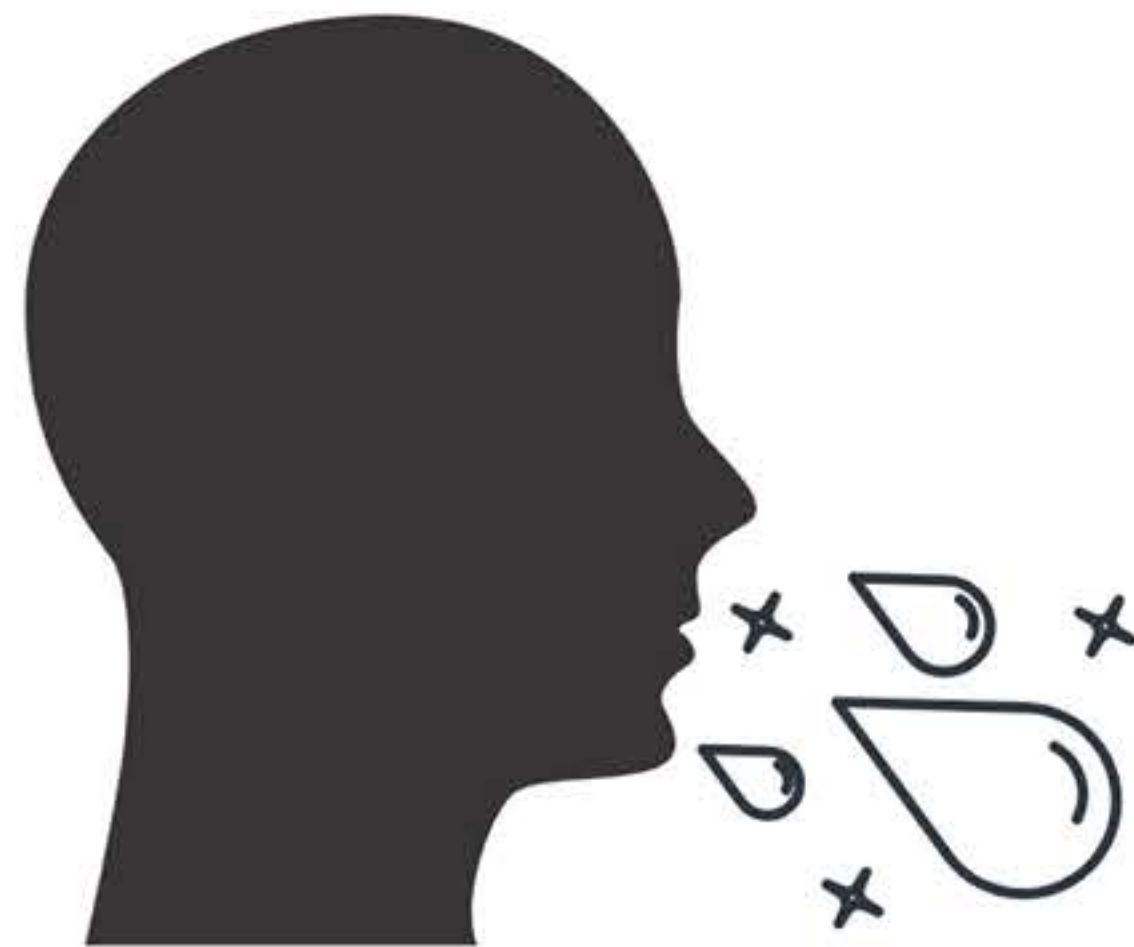
A breath:

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