

The main way that **SARS-CoV-2**, the virus that causes the disease **COVID-19**, travels between people is through **RESPIRATORY DROPLETS**



Every time you breathe out of your nose or mouth, you don't breathe out just air.

**You are also breathing out water.**



The water in your breath is what makes your glasses fog up when you are wearing a mask and why you can see your breath on a cold day.

That water is respiratory droplets of different sizes that travel different distances in the air.

Most droplets are so tiny, you usually can't see them. When someone is infected with SARS-CoV-2, the droplets that they breathe out have virus particles in them.

As a healthcare worker, you can better protect your patients, coworkers, and yourself from COVID-19 when you understand what respiratory droplets are.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



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