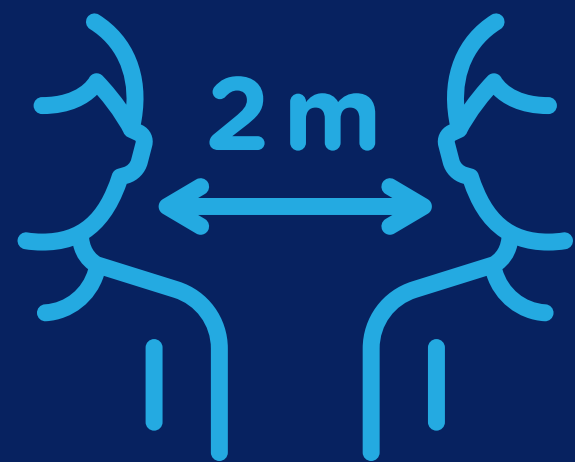




**Wear
a mask**



**Wash
your hands**



**Keep your
distance**



The virus is primarily transmitted from person to person by contact with contaminated droplets released into the air when an infected person talks, coughs or sneezes. These contaminated droplets can travel up to two metres and reach people nearby.



The virus can also be spread by contact with contaminated surfaces or objects. Droplets expelled by an infected person can land on surfaces, and the virus can survive there anywhere from several hours to several days. An infected person can also contaminate their hands by touching their face, thereby increasing the risk of contaminating surfaces they touch. Other people who touch these surfaces or objects can contaminate their hands. And if they then bring them to their face, they can infect themselves.

By staying two metres away from others at all times, washing your hands often and wearing a mask, we can reduce the risk of contamination.

Let's continue to protect ourselves.

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

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