



# COVID-19

## HOW IT IS SPREAD

COVID-19 germs live in spit and snot. Health Mob call the spit and snot that comes out when you cough or sneeze droplets. The COVID-19 germs are in these droplets.

### Coughs and sneezes

When someone with COVID-19 germs coughs or sneezes, droplets can end up on their hands or surfaces.



When you touch this person's hands or those surfaces you get the droplets on your hands. You can then get COVID-19 when you touch your face or put things in your mouth.

### Phones, money and cards



Smokes, Ngunyju and ash, food, shared drinks. Dirty cups, knives, forks and spoons



### Door handles



### People or surfaces

