

Droplet Transmission

Droplet transmission occurs when an infected person releases **large respiratory droplets** into the air via **coughing, sneezing, talking, or breathing**.

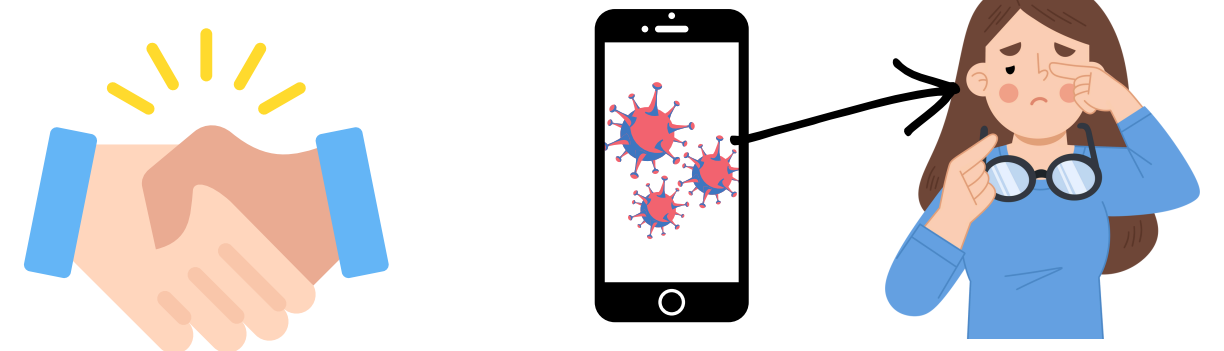
These droplets travel a short distance— less than 2 meters—before falling to the ground/ onto surfaces. Here are 2 ways droplets can spread:

DIRECT EXPOSURE



- When an infected person releases droplets within 2 meters, the germs can enter another person's body through the:
 - Eyes
 - Nose
 - Mouth

DROPLET/CONTACT TRANSMISSION



- Infectious droplets can also land on various surfaces such as hands, doorknobs, phones, and tables
- If you touch these surfaces and then touch your face, you may introduce germs into your system

Prevention Includes:

- Routine Practices and additional Droplet or Droplet/Contact Precautions
- Hand Hygiene (at least 15 seconds)
- Physical Distancing
- [Respiratory Etiquette](#)
- Regularly cleaning and disinfecting high touch surfaces like doorknobs, light switches, remote controls
- Staying home when sick: If you're feeling unwell, stay home to rest and prevent spreading illness to others!



Make sure to follow signage and know how to [don](#) and [doff](#) PPE correctly!

Respiratory tract viruses (covid-19, hMPV, adenovirus, influenza, parainfluenza, RSV, rhinovirus) mumps and rubella are spread by Droplet Transmission

Reference:

Ontario Agency for Health Protection and Promotion, Provincial Infectious Diseases Advisory Committee. Routine Practices and Additional Precautions in All Health Care Settings. 3rd edition. Toronto, ON: Queen's Printer for Ontario; November 2012.