



## COVID INFECTION AND SPREAD

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**ABSTRACT:** - Current evidence suggests that the virus spreads mainly between people who are in close contact with each other, for example at a conversational distance. The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. Another person can then contract the virus when infectious particles that pass through the air are inhaled at short range (this is often called short-range aerosol or short-range airborne transmission) or if infectious particles come into direct contact with the eyes, nose, or mouth (droplet transmission).

**KEYWORDS:** They cough, sneeze, speak, sing or breathe.

### INTRODUCTION

The virus can also spread in poorly ventilated and/or crowded indoor settings, where people tend to spend longer periods of time. This is because aerosols can remain suspended in the air or travel farther than conversational distance (this is often called long-range aerosol or long-range airborne transmission).

People may also become infected when touching their eyes, nose or mouth after touching surfaces or objects that have been contaminated by the virus.

Further research is ongoing to better understand the spread of the virus and which settings are most risky and why. Research is also under way to study virus variants that are emerging and why some are more transmissible. For updated information on SARS-CoV-2 variants, please read the weekly epidemiologic updates.

Both terms refer to people who do not have symptoms. The difference is that 'asymptomatic' refers to people who are infected but never develop any symptoms, while 'pre-symptomatic' refers to infected

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people who have not yet developed symptoms but go on to develop symptoms later.

COVID-19 vaccines help your body develop protection from the virus that causes COVID-19. Although vaccinated people sometimes get infected with the virus that causes COVID-19, staying up to date on COVID-19 vaccines significantly lowers the risk of getting very sick, being hospitalized, or dying from COVID-19. CDC recommends that everyone who is eligible get a booster and stay up to date on their COVID-19 vaccines, especially people with weakened immune systems.

If you are moderately or severely immunocompromised or severely allergic to COVID-19 vaccines: Talk with a healthcare provider about whether you are eligible for a medicine called EVUSHELD™ that you can take before you are exposed or test positive for COVID-19. This medicine contains two different antibodies and is given by your healthcare provider every 6 months. EVUSHELD™ may offer less protection against certain strains of the Omicron variant. It is important that even if you receive EVUSHELD™, you take multiple prevention measures.

Improving ventilation (moving air into, out of, or within a room) and filtration (trapping particles on a filter to remove them from the air) can help prevent virus particles from accumulating in indoor air. Improving ventilation and filtration can help protect you from getting infected with and spreading the virus that causes COVID-19. Spending time outside when possible instead of inside can also help: Viral particles spread between people more readily indoors than outdoors.

Actions that can improve ventilation and filtration include:

- Bringing in as much outdoor air as possible—for example, opening windows.

- Increasing air filtration in your heating, ventilation, and air conditioning (HVAC) system, such as by changing filters frequently and using filters that are properly fitted and provide higher filtration.
- Using portable high-efficiency particulate air (HEPA) cleaners.
- Turning on exhaust fans and using other fans to improve air flow.
- Turning your thermostat to the “ON” position instead of “AUTO” to ensure your HVAC system provides continuous airflow and filtration.

CDC’s interactive ventilation tools can help you see how much you can improve ventilation in your home or school.

#### Moving indoor activities outdoors

You are less likely to be infected with COVID-19 during outdoor activities because virus particles do not build up in the air outdoors as much as they do indoors. As the COVID-19 Community Level rises, consider increasing the number of group activities you move outside.

Get tested if you have COVID-19 symptoms. A viral test tells you if you are infected with the virus that causes COVID-19. There are two types of viral tests: rapid tests and laboratory tests. These tests might use samples from your nose or throat, or saliva. Knowing if you are infected with the virus that causes COVID-19 allows you to take care of yourself and take actions to reduce the chance that you will infect others.

CDC’s Viral Testing Tool is an online, mobile-friendly tool that asks a series of questions and recommends actions and resources based on your responses. It can help you interpret what your test result means.

You can also access tests the following ways:

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- Order free self-tests at COVIDtests.gov. Free tests are also available through local health departments.
- If you have Medicare Part B, including those enrolled in a Medicare Advantage plan, Medicare will cover up to 8 free self-tests each calendar month from participating pharmacies and providers. Private health insurance may also reimburse the cost of purchasing self-tests. Visit FDA's website for a list of authorized tests.
- Call your healthcare provider, visit a community testing site, or call your local health department for more options.

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