

Why should we stay home?

How does COVID-19 spread from one person to another?

- When infected people cough, sneeze, or talk, their droplets contain viruses.
- Droplets and the viruses in them can spread around and land anywhere.
 - Even people who do not show symptoms of COVID-19 can still spread the coronavirus without knowing.
- If you touch a surface with the virus and then touch your face, you may catch it.

Why should people help slow down the spread of the virus?

- Most people who catch the virus develop only mild symptoms.
- However, some people (especially those who are older or who have existing health problems) may get very sick or even die.
- Hospitals can treat the people who are very sick with COVID-19, but **they will get overloaded if too many people get sick at the same time.** There won't be enough doctors, nurses, equipment, and medications for everyone.
- **Our goal is not to have too many people get sick at the same time.** That is why we need to **slow down the spread of the virus**, or “flatten the curve”.



How does staying home slow down the spread of the virus?

- You may have COVID-19 and still feel fine. However, you can still spread the virus to other people without knowing.
- Those people in turn spread the virus to more people, and the spread continues.
- If all of us stay home as much as we can, we can cut off the spreading of the virus significantly. (See this [BBC video](#) for an illustration.)
- **“By keeping apart, we keep others safe.”** – Queen Elizabeth II, April 12, 2020
- For some people, it can be a matter of life or death!

