

The “Breathing Zone” is the **3 to 6-foot** distance between two people



# COVID-19

## Why Six Feet?

### The Breathing Zone

**COVID-19 is mainly spread through droplets that come out of the mouth and nose**

When an infected person speaks, exhales, coughs or sneezes, tiny drops of liquid containing the virus spray from their nose or mouth

**The droplets travel about 3 to 6 ft before falling to the ground**

If you are standing too close to an infected person, you may breathe in some of the droplets they release



# KEEP THE DISTANCE