

CDC MODIFIES GUIDELINES FOR COVID-19 EXPOSURE AND TRANSMISSION

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Previously the Centers for Disease Control and Prevention (CDC) said close contact meant spending a solid 15 minutes within 6 feet of someone who tested positive for coronavirus. Now the CDC is indicating that a total of 15 minutes or more..... shorter but repeated contacts that add up to 15 minutes over a 24-hour period..... now count as an exposure.

AVOID REPEATED UNNECESSARY EXPOSURE TO OTHER PEOPLE! WEAR A MASK!

The Centers for Disease Control have also revised methods of transmission to include **airborne transmission**. Respiratory viruses are transmitted in multiple ways. Infections with respiratory viruses are principally transmitted through three modes: contact, droplet, and airborne.

- **Contact transmission:** Infection spread through direct contact with an infectious person (e.g., touching during a handshake) or with an article or surface that has become contaminated.
- **Droplet transmission:** Infection spread through exposure to virus-containing respiratory droplets (i.e., larger and smaller droplets and particles) exhaled by an infectious person. Transmission is most likely to occur when someone is close to the infectious person, generally within about 6 feet.
- **Airborne transmission:** Infection spread through exposure to virus-containing respiratory droplets comprised of smaller droplets & particles that can remain suspended in the air over long distances (usually > 6 feet) & time (typically hours). Aerosols are emitted by a person infected with coronavirus (even one with no symptoms) when they talk, breathe, cough, or sneeze. Another person can breathe in these aerosols and become infected with the virus. Aerosolized coronavirus can remain in the air for up to three hours.

**BEST DEFENSE AGAINST AIRBORNE TRANSMISSION –
AVOID INDOOR GATHERINGS. WEAR A MASK!**