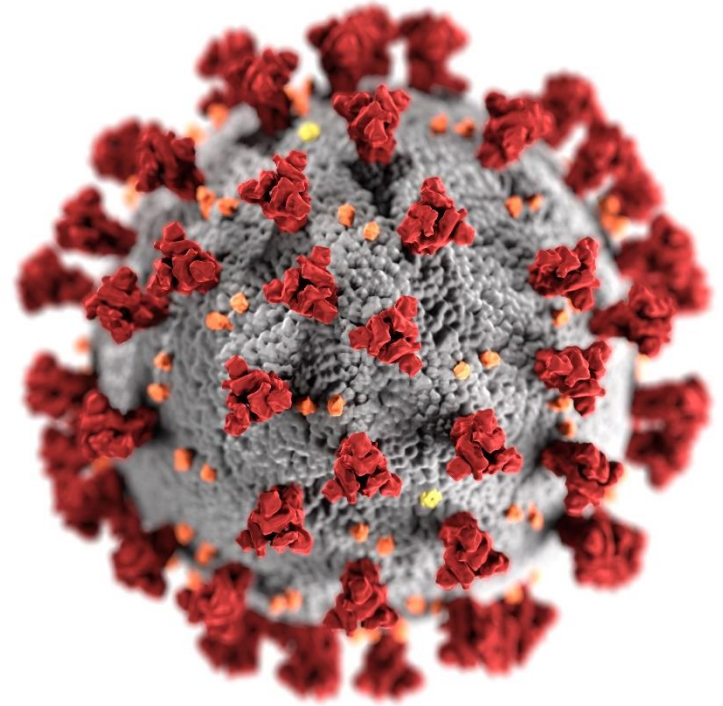


Coronavirus Disease 2019 (COVID-19)

Guidance for Re-opening and Maintaining Safe Gym and Fitness Center Operations Amid the COVID-19 Pandemic

Wednesday, June 24 at 1 pm ET



cdc.gov/coronavirus

How it spreads

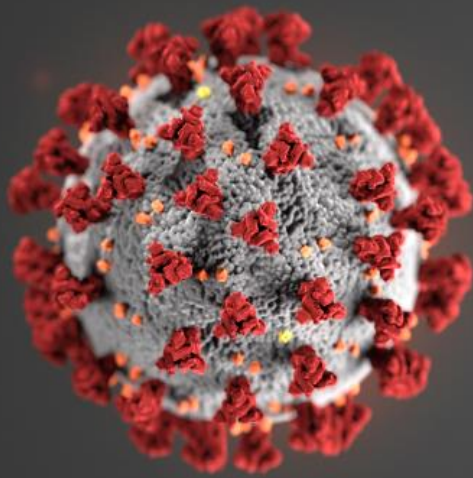
- The virus is thought to spread mainly from person to person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes, or talks. |
- These droplets can land in the mouth or nose of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.



How it spreads (con't)

- The virus that causes COVID-19 is spreading very easily and sustainably between people.
- Information from the ongoing COVID-19 pandemic suggests that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.
- The virus may be spread in other ways.
 - It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.
 - This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.





For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

