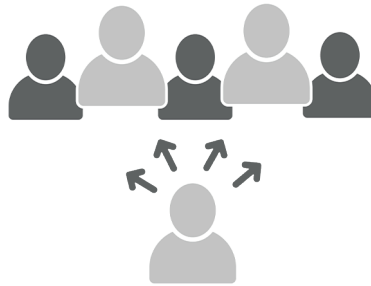


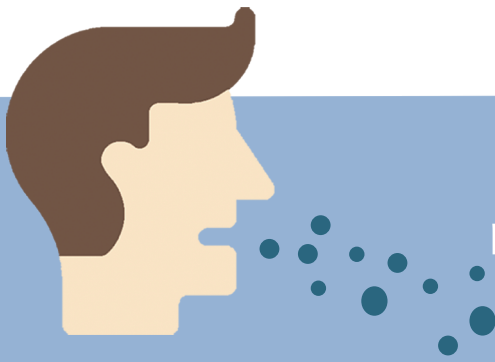
# Prevention of **COVID-19** and **close contacts**



COVID-19 is mainly  
transmitted **through**  
**the air** via aerosols



New variants can be  
much more contagious,  
such as **Delta** and **Omicron**

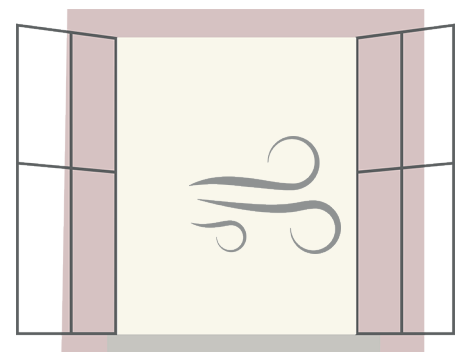


**Aerosols** travel through the air,  
reaching distances of up to **2 metres**

The smallest  
particles can remain  
**suspended** in the air for  
a long time

A person is contagious **2-3 days before** displaying  
symptoms, and up to **5-7 days after** the fever subsides

It is important to wear a properly fitted  
**mask** and to **ventilate** closed spaces





You are a **close contact** if you stayed in the same place as a case at a distance of less than **2 m** for over **15 min** without proper protection during the **2 days before** they displayed symptoms

You should notify this and **self-isolate**, even if your tests are negative or you do not display any symptoms



You may **be incubating** the disease or be **asymptotically** contagious

**Fully vaccinated** people **are exempted\*** from self-isolation, but they must minimise contacts and always use **FFP2 mask**



It is very important to  
**GET VACCINATED!**

\*Except for those situations established in the ESTRATEGIA DE DETECCIÓN PRECOZ, VIGILANCIA Y CONTROL DE COVID-19 (Ministerio de Sanidad)

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