

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