



## Facts About COVID-19

### Fact: COVID-19 spreads through respiratory droplets.

When an infected person coughs, sneezes, speaks or breathes, the person releases [respiratory droplets](#). Larger droplets fall ~3-6 feet while smaller droplets (aerosols) can float in the air for a time. Others risk infection through [close contact with the infected person](#) or by being in a [closed space](#).

This [3-D simulation](#) shows how droplets spread through the air.

To reduce transmission, #StopTheDrops!

### Fact: College-age people can get COVID-19. While rare, some young adults have died.

Young adults are much less likely to die, but they can get sick.

- [800,000+ people aged 18-29 in the U.S. have had COVID-19](#)
- [1 In 3 young adults aged 18-25 are medically vulnerable to severe COVID-19](#)
- [600+ people ages 18-29 have died](#)

### Fact: Recovery from mild COVID-19 can take a long time, even among younger people.

Some people with COVID-19 are sick for a long time, even young adults without underlying medical conditions.

- [1 in 5 previously healthy adults age 18-34 weren't back to usual health 2-3 weeks after testing positive](#)
- [Long-Haul COVID: Patients describe symptoms lasting 100+ days](#)
- [I can't shake Covid-19: Warnings from young survivors still suffering](#)

### Fact: People who don't feel sick can transmit COVID-19.

People without symptoms can be:

- Asymptomatic: Infected, but so mild they don't have symptoms.
- Pre-symptomatic: Infected, but no symptoms yet.

They feel fine, but can infect others.

- [1 in 5 young adults testing positive in an outbreak had no symptoms](#)
- [5 things to know about COVID-19: Transmitting without symptoms](#)

### Fact: You can spread the virus to people you care about without knowing you have it.

While young adults are less likely to get severely ill, they do spread it.

- [Dad hospitalized with Coronavirus after son, 21, apparently infected entire family, mom says.](#)



**Fact: COVID-19 spreads very easily in group settings.**

COVID-19 spreads easily at group gatherings, especially when they're indoors (see Transmission below).

- [Of 24 people at a family gathering, 14 are infected & further spread COVID-19. Total infected: 41 people in 9 families and 8 workplaces](#)
- [NJ COVID-19 Cases On the Rise Due to Indoor Parties, Gov. Murphy says](#)

**Fact: Young adults are playing a role in spreading the virus.**

While young adults are less likely to get severely ill, they do spread it.

- [Young people are increasingly driving COVID-19's spread](#)
- [Dr. Fauci urges young people to take coronavirus seriously](#): They think they're not doing anything particularly harmful, but they might be...propagating a pandemic.
- [Why more young people are getting sick in the latest Covid-19 outbreaks](#)

**Fact: COVID-19 can spread across campus. Outbreaks may lead to more restrictions.**

We already have examples of COVID-19 spreading in campus communities.

- [Virus outbreaks in US linked to student parties](#) (video)
- [UNC-Chapel Hill pivots to remote teaching after coronavirus spreads among students during first week of class](#)

**Fact: What you do makes a difference.**

We know this is hard. We know you didn't ask for this. You can do this – we know you can!

Make it YOUR mission to #StopTheDrops.

Learn the facts. Have conversations. Practice everyday actions. [Get vaccinated](#). Use the "[Gathering Guide](#)" and other tools from this site to think through gatherings and make a difference!