



Teton Valley
Health
Where Everyone Matters

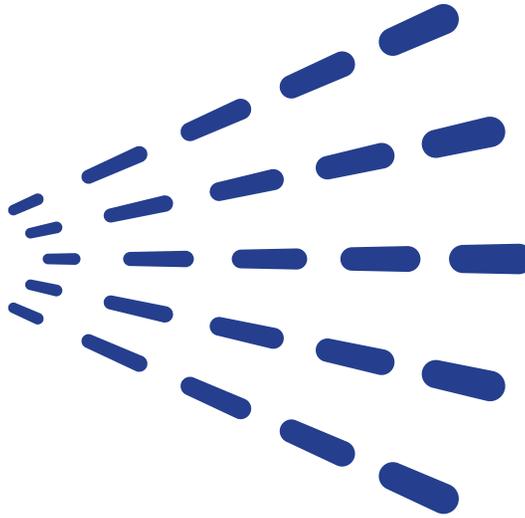
How quickly can germs spread?

Wear a mask - protect yourself and others



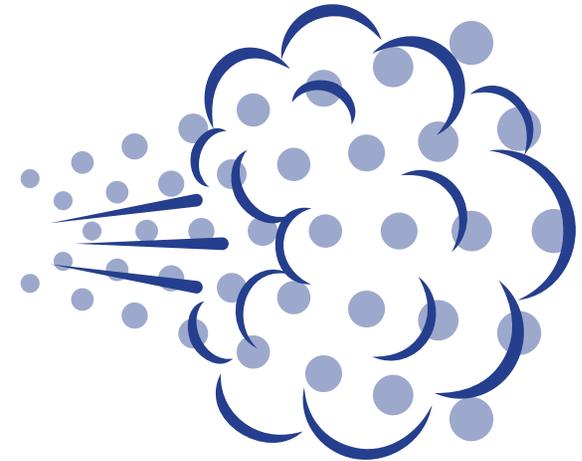
A BREATH:

A single breath releases 50 - 5,000 droplets. Most of these droplets are low velocity and fall to the ground quickly. There are even fewer droplets released through nose-breathing.



A COUGH:

A single cough releases about 3,000 droplets, which can travel up to 50 miles per hour. Most droplets are large, and fall quickly, but many stay in the air and can travel across a room in a few seconds.



A SNEEZE:

A single sneeze releases about 30,000 droplets, with droplets traveling at up to 200 miles per hour. Most droplets are small and travel easily across a room.