



# Transmission

Updated July 12, 2021

CDC is reviewing this page to align with updated guidance.



## Stop the Spread

Learn what you can do to protect yourself and your loved ones from COVID-19.

### Omicron Variant

Learn what you should know about Omicron and other COVID-19 variants.

About Variants

How COVID-19 Spreads

Getting Sick Again (Reinfection)

Variants of the Virus

Map of Variant Proportions in the US



### How to Protect Yourself

Protect Yourself

Wear a Mask

If You Are Sick

### When to wear a mask

- Wear a mask with the best fit, protection, and comfort for you.

- Wear a well-fitting mask or respirator when the [COVID-19 Community Level](#) is high.
- If you are sick and need to be around others, or are caring for someone who has COVID-19, wear a mask.
- If you are at high risk of getting very sick, wear a well-fitting [mask or respirator](#) when the COVID-19 Community Level is medium or high.

Have questions about getting or spreading COVID-19 after being vaccinated?

Learn more about [COVID-19 vaccine myths and facts](#).

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