

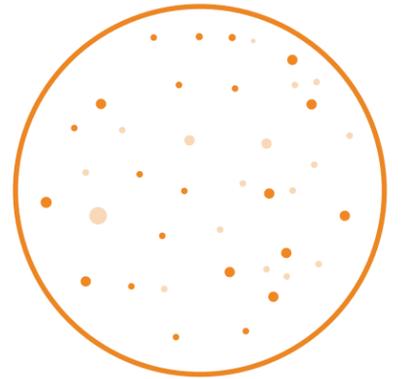
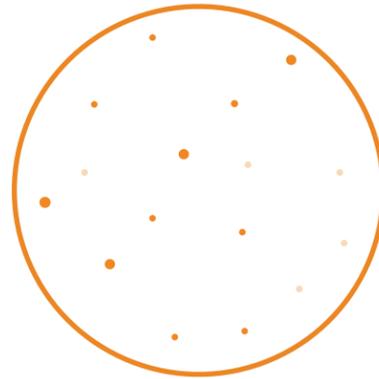
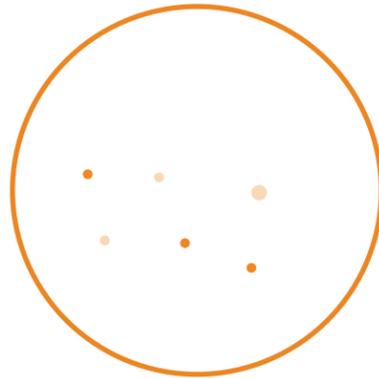
Partículas emitidas al respirar, hablar o gritar

SILENCIO

2 minutos

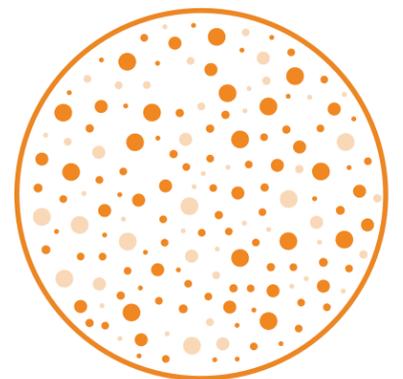
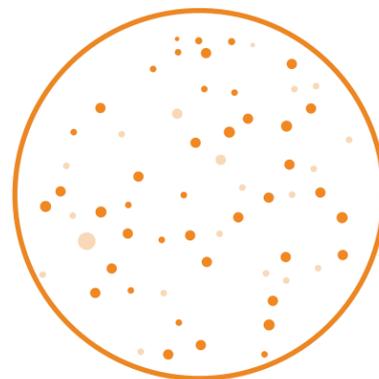
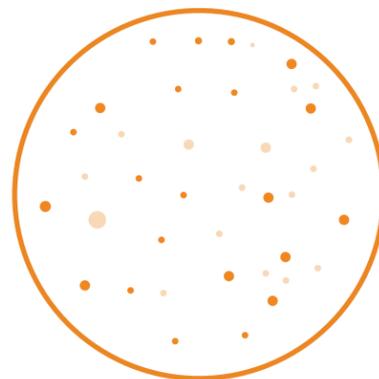
15 minutos

1 hora



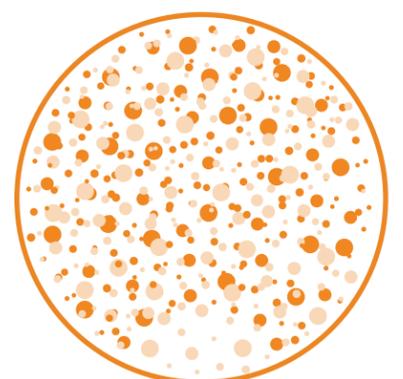
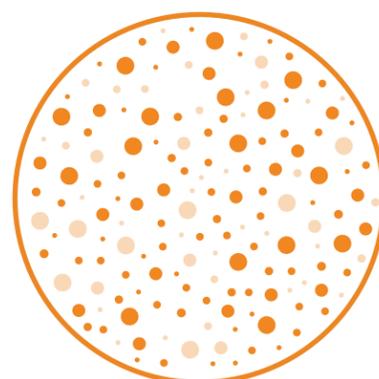
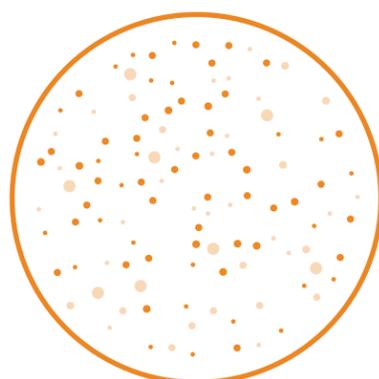
HABLAR

Al hablar emitimos unas **10 veces más** partículas respiratorias que en silencio



GRITAR O CANTAR

Al gritar emitimos unas **50 veces más** partículas respiratorias que en silencio



¡Usa mascarilla!