

COMMUNICATION METHOD AND APPARATUS

ABSTRACT

This application provides a communication method and apparatus, and relates to the field of communication technologies. The method includes: An AP generates a trigger frame, where the trigger frame includes a first user information field, a part or all of a frequency domain resource indicated by a resource unit allocation subfield in a fourth user information field before the first user information field is located on a primary 160 MHz channel, and a part or all of a frequency domain resource indicated by a resource unit allocation subfield in a fourth user information field after the first user information field is located on a secondary 160 MHz channel. Then, the AP sends the trigger frame. According to solutions provided in this application, a resource unit allocation subfield in a user information field is enabled to accurately allocate a frequency domain resource to a station in a 320 MHz bandwidth without changing a structure of the user information field in the trigger frame.