

ABSTRACT

This application provides a communication method and a communication apparatus. The method includes: receiving first information, where the first information includes first configuration information and second configuration information, or the first information includes
5 the first configuration information but does not include the second configuration information, where the first configuration information indicates a frequency band to which a first cell belongs, and the second configuration information indicates that the first cell supports a first communication mode; and determining, based on a first condition, that the first cell is barred or not barred, where when the first condition is not met, the first cell is barred, and the first condition
10 includes: when the first information does not include the second configuration information, a terminal device supports a second communication mode on a first frequency band; or the first information includes the second configuration information, where the frequency band to which the first cell belongs includes the first frequency band, and the first communication mode is different from the second communication mode. This can avoid a problem that a communication mode
15 supported by the first cell does not match a communication mode supported by the terminal device, and improve operating reliability of the terminal device.