

**ABSTRACT**

A communication method includes: determining a first frequency resource corresponding to first data, and sending the first data on the first frequency resource, where the first frequency resource is a frequency resource in a first frequency resource set, the first frequency resource set includes  $N_f$  frequency resources, any two of the  $N_f$  frequency resources are different, a bandwidth of an overlapping frequency resource between at least two of the  $N_f$  frequency resources is greater than 0, a bandwidth of an overlapping frequency resource between any two of the  $N_f$  frequency resources is less than or equal to a first threshold, and  $N_f$  is an integer greater than or equal to 2. According to the method, mutual interference between a plurality of sending devices that is caused when the plurality of sending devices simultaneously transmit data can be reduced. In addition, more frequency resources are designed to support more sending devices, to achieve higher flexibility.

Fig. 3