

ABSTRACT

This application provides a communication method and apparatus, and relates to the field of communication technologies. The method includes: A first communication apparatus (for example, a terminal device) may obtain indication information, where the indication information indicates a first region set used to send first system information and/or a second region set in which the first system information is not sent. In this way, the first communication apparatus may clearly determine regions in which the first system information is sent, and regions in which the first system information is not sent. The first communication apparatus may not monitor the first system information in the regions in which the first system information is not sent, thereby reducing a quantity of invalid monitoring times of the first communication apparatus, and saving power.

(FIG.12)