

ABSTRACT

A communication method and apparatus relating to the field of communication technologies are provided, so that a terminal device performs uplink sending to ensure that a network device implements uplink receiving, thereby ensuring communication reliability and improving communication performance. The method includes: The terminal device sends first indication information; and sends first information. The first indication information indicates a capability of the terminal device to avoid a second resource when sending the first information on a first resource, and the second resource being a resource, in the first resource, that overlaps a third resource.