ABSTRACT

Embodiments of this application provide a communication method and a communication apparatus, so that a first station can receive an OBSS data packet on a first channel of an operating channel bandwidth and send a PPDU on a second channel, thereby reducing interference caused by transmission of the PPDU to transmission of the OBSS data packet. The communication method includes: A first station receives an overlapping basic service set OBSS data packet on a first channel of an operating channel bandwidth, where the first channel includes a first primary channel; and the first station sends a physical layer protocol data unit PPDU on a second channel of the operating channel bandwidth, where transmission of the PPDU meets a preset condition, and the preset condition is used to reduce interference caused by transmission of the PPDU to transmission of the OBSS data packet.