ABSTRACT

Embodiments of this application relate to the field of communication technologies, and provide a communication method and apparatus to indicate, by using limited bits in paging DCI or PEI, a plurality of reference signal resource sets or SSBs corresponding to a plurality of reference signals. The method includes: A terminal device receives, from a network device, first DCI that includes reference signal availability indication information, and determines, based on the first DCI, whether a reference signal is sent. The reference signal availability indication information includes one or more indication bits. Each indication bit is associated with one or more reference signal resource sets, or associated with one or more SSBs. A value of the indication bit is used to determine whether a reference signal corresponding to the associated reference signal resource set is sent, or the value of the indication bit is used to determine whether a reference signal corresponding to the associated SSB is sent. The reference signal corresponding to the SSB is determined based on QCL configuration information included in configuration information of the reference signal resource set, and the QCL configuration information is used to configure an SSB associated with the reference signal resource set.