



Japan Society for Tobacco Control

日本禁煙学会

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How not to contract and to prevent COVID-19

1. Quit smoking. Avoid passive smoking.

http://www.jstc.or.jp/modules/information/index.php?content_id=246

2. Be aware of proper ventilation (0.2m/s or more).
(To avoid micro of droplets of saliva, mucus, dust or other airborne particles)
3. Keep your mouth closed as much as possible.
(In particular, singing, yelling or cheering is risky because one's mouth opens widely)
4. Avoid small spaces with many people.
(Remain 2m away from others to avoid the dispersion of airborne particles)
5. If someone nearby coughs, hold your breath and exhale in the opposite direction.
(Leave the location quickly, so as not to breathe micro particles into the lungs)
6. Mask (After a single use, let it aerate in the sunlight for 2-3 days)
Eyeglasses (Prevent micro particles from directly entering one's eyes)
Use alcohol as a disinfectant for objects and intact skin
Wash hands, especially before eating, after using the toilet, and after exchanging money
Gargle in the morning and at night