



Japan Society for Tobacco Control

日本禁煙学会

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Do not contract or transmit the novel coronavirus infection (COVID-19)

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(1) We would like to inform everyone that the number of infections of the new coronavirus is trending upward again.

1. Be careful to ventilate indoors to prevent infection by airborne droplets. Open doors and windows in indoor facilities such as restaurants, shops, and offices.
2. Always wear a mask indoors and as much as possible outdoors. Because glasses and goggles prevent eye infections from droplets, wear as much as possible too. Always use a mask with a face shield. Also, a mouth shield is ineffective because it allows saliva to spray. Please use a mask instead.
3. Please refrain from removing your mask when entering indoor areas where eating or talking occur.
4. Even outdoors, maintain a distance of at least 2 meters from bystanders.
5. Wash and disinfect your hands thoroughly. Define a “red zone” (a designated a contaminated area) in your home to place your mobile phone, keys, wallet, watch and other personal items that you touch.
6. **Quit smoking.** Smokers are known to be susceptible to infections more easily and to infections that are more severe. Likewise for heated tobacco. For your safety and to prevent burdening the health care system, let's quit smoking.

(2) The World Health Organization (WHO) recommends 5 things when spending time at home.

1. Exercise regularly.
2. Try to have a healthy diet.
3. Try to balance both infection prevention and educational needs of children in educational facilities.
4. **Do not smoke · quit tobacco completely** · take 10 deep breaths · drink plenty of water · substitute other activities for tobacco (bathing/reading/walking/listening to music)
5. Try to maintain a healthy state of mind too.

And especially, why not stay at home as much as possible!

The medical staff of this society is working hard in each region. Everyone, please take care!

[Reference] World Health Organization (WHO) homepage
Coronavirus disease (COVID-19) advice for the public (updated 23 November 2020)
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>