



Japan Society for Tobacco Control

日本禁煙学会

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**To those who still smoke tobacco
Let's start a new habit by not searching for smoking rooms and
areas.**

**Smoking areas are dangerous because they allow the 3 close proximity conditions for
coronavirus. Please continue to close them.**

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Smoking area / room with a capacity for 20 people	One person can transmit the virus
Speaking	Particles of 4 microns remain in the air for 8 minutes
Smoking tobacco	Particles of 10 microns or less can extend to a radius of 8 meters
The new coronavirus	Survives in the air for 3 hours

When newly admitted patients at Keio University were examined, 6% of them had a positive polymerase chain reaction (PCR) test result¹⁾. According to this most recent data, it is likely that 1 in 20 people in the general population transmit the virus¹⁰⁾. In general, we need to prepare for a second or third wave of contagion given the prevalence of infection in the population.

When people speak, saliva and mucus particles of 4 micron diameter are emitted and remain airborne for 8 minutes²⁾. Because viruses attach to these particles, infection of the new coronavirus can result for those in the environment. Furthermore, when people exhale tobacco smoke, a high concentration of viral particles attached to smoke particulate matter are also emitted from the lungs, pharynx and/or oral-nasal passages. Current research shows that smoke particulate matter of 10 microns or less extend to a radius of 8 meters^{3,4)}.

The new coronavirus is known to remain active in the air for 3 hours⁵⁾. Moreover, smokers do not wear a mask when they smoke.

The 3 close proximity conditions for coronavirus transmission (enclosed space, crowds of people, and close contact) are found in smoking areas and smoking rooms throughout Japan. These conditions are why smoking areas have been closed^{6,7)}. But those who continue to allow the use of smoking areas are irresponsible to smokers and to bystanders because they can be blamed for spreading contagion, as is occurring in Fukui prefecture.

From today, quit smoking and enjoy a new habit by not looking around for smoking areas.

1) About 6% of patients scheduled to be hospitalized other than for coronavirus have a positive test result at Keio University Hospital

https://digital.asahi.com/articles/ASN4Q7JB6N4QULBJ01C.html?iref=comtop_8_07

(2.7% of outpatients have the new coronavirus antibody, according to a survey of 1000 people on May 3 from the Kobe City Medical Center General Hospital)

2) Droplets of saliva and mucus from speaking remain in the air for 8 minutes and can trigger a new COVID-19 infection.

https://www.carenet.com/hihyotue/008.html?utm_source=m15&utm_medium=email&utm_campaign=2020051401

3) "Three close proximity conditions of smoking rooms" require immediate closure, provided by Professor Yamato of University of Occupational and Environmental Health Japan

200408_喫煙室は3密.pdf

<http://u0u0.net/Xak9>

4) James Repace: Measurements of outdoor air pollution from secondhand smoke on the UMBC campus.

<http://www.repace.com/pdf/outdoorair.pdf>

5) The new coronavirus survives in the air for 3 hours

<https://www.nejm.org/doi/10.1056/NEJMc2004973>

6) "Three close proximity conditions" movement to close smoking rooms, Yomiuri Shimbun, 20 April 2020

7) Status of closing smoking areas and smoking rooms nationwide

http://www.jstc.or.jp/modules/resource/index.php?content_id=12

http://www.jstc.or.jp/modules/resource/index.php?content_id=13

8) <https://jamanetwork.com/journals/jama/fullarticle/2765837>

9) Nardell EA (Brigham and Women's Hospital, Division of Global Health Equity, Harvard Medical School) , Nathavitharana RR. Airborne Spread of SARS-CoV-2 and a Potential Role for Air Disinfection [published online ahead of print, 2020 Jun 1]. *JAMA*. 2020;10.1001/jama.2020.7603. doi:10.1001/jama.2020.7603

31 May is World No Tobacco Day