

COVID-19, Influenza, Cold, Chickenpox, etc. How to Prevent Respiratory Infection

Ways to avoid becoming infected with respiratory infectious diseases

Virus is powerless outside of your body.
Unless entering your body,
there is nothing to fear.

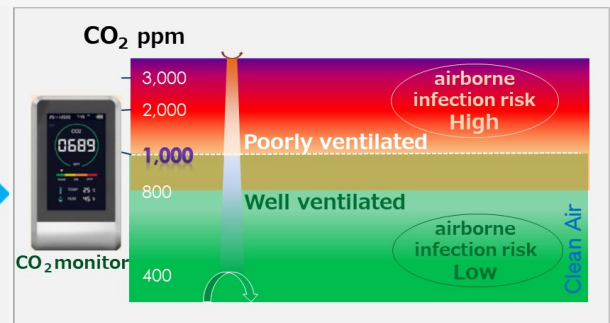
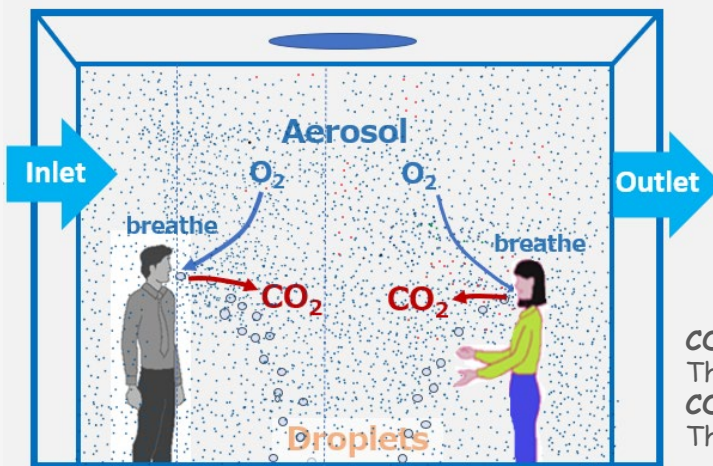
The key to avoid respiratory infection
is to clearly distinguish
between **aerosol** and **droplet** infection.

To prevent
CONTACT TRANSMISSION,
Develop the habit of
**washing your hands
regularly.**

To Prevent **AIRBORNE TRANSMISSION :**

First of all-Ventilate the room constantly!
Keep indoor fresh air,

Increase ventilation when the **CO₂ monitor exceeds 1,000 ppm.**



CO₂ below 1,000ppm: Ventilation is sufficient.
The risk of airborne infection is low.
CO₂ exceeds 1,000 ppm: Ventilation is insufficient.
The risk of airborne transmission is high.

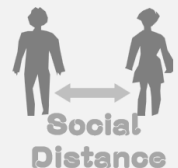
People breathe O₂, exhaling CO₂ along with aerosols and droplets. Droplets fall quickly, and aerosols float in the air. People in the same room inhale the air polluted with aerosols and CO₂. Aerosols exhaled by an infector contain the virus. If an infected person is in the same room, there is a risk of inhaling the aerosols containing the coronavirus and becoming infected. Good ventilation will discharge the virus and aerosol to the outside, and get rid of them

To prevent **DROPLET TRANSMISSION**

Wear a face mask



or Keep 1 meter
or more from other people.



You can also avoid facing each other inside a distance of 1 meter.
(However, in medical settings, or when facing symptomatic patients,
the distance should be 2 meters.)