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新型コロナウイルス感染症の  
感染経路と予防

Transmission and prevention of novel coronavirus infection

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## Summary

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Novel coronavirus which emerged in late 2019, named as SARS-CoV-2, is transmitted mainly by droplets. Also, if attached to the environment, it is also transmitted by contacts. Therefore, droplet precautions including distancing of more than 2 meters and wearing masks, as well as standard precautions including hand hygiene and cough etiquette seem effective for the prevention of SARS-CoV-2 transmission. Like other respiratory infectious diseases, it is unknown if this virus can be transmitted through airborne routes. It is difficult to prove and disprove the airborne transmission of this virus, it is prudent to implement airborne precautions when conducting aerosol-generating procedures such as endotracheal intubation and bronchoscopy. Another issue of concern is that whether asymptomatic or pre-symptomatic patient transmit the virus to another person. This was proven in a few studies in which researchers investigated the first cases and trace all possible contacts. Their conclusions are that SARS-CoV-2 can be transmitted from pre-symptomatic patients to others as early as two to three days before onset. This compromises the strategy for prevention and control of the disease caused by this virus.

## I はじめに

一般に、感染症の予防について考える際、検討すべき事柄は、感染経路がわかっているか、発症予防薬があるか、ワクチンがあるか、の3つである。本稿ではこの3つに分けて書き進める。

## II 感染経路

新型コロナウイルス感染症の原因ウイルスであるSARS-CoV-2は、ベータコロナウイルス属に分類されている。主に気道で増殖するため、感染経路は主に飛沫を介する飛沫感染である。また、その飛沫が付着した場所に手で触れて、その手で口や鼻を

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