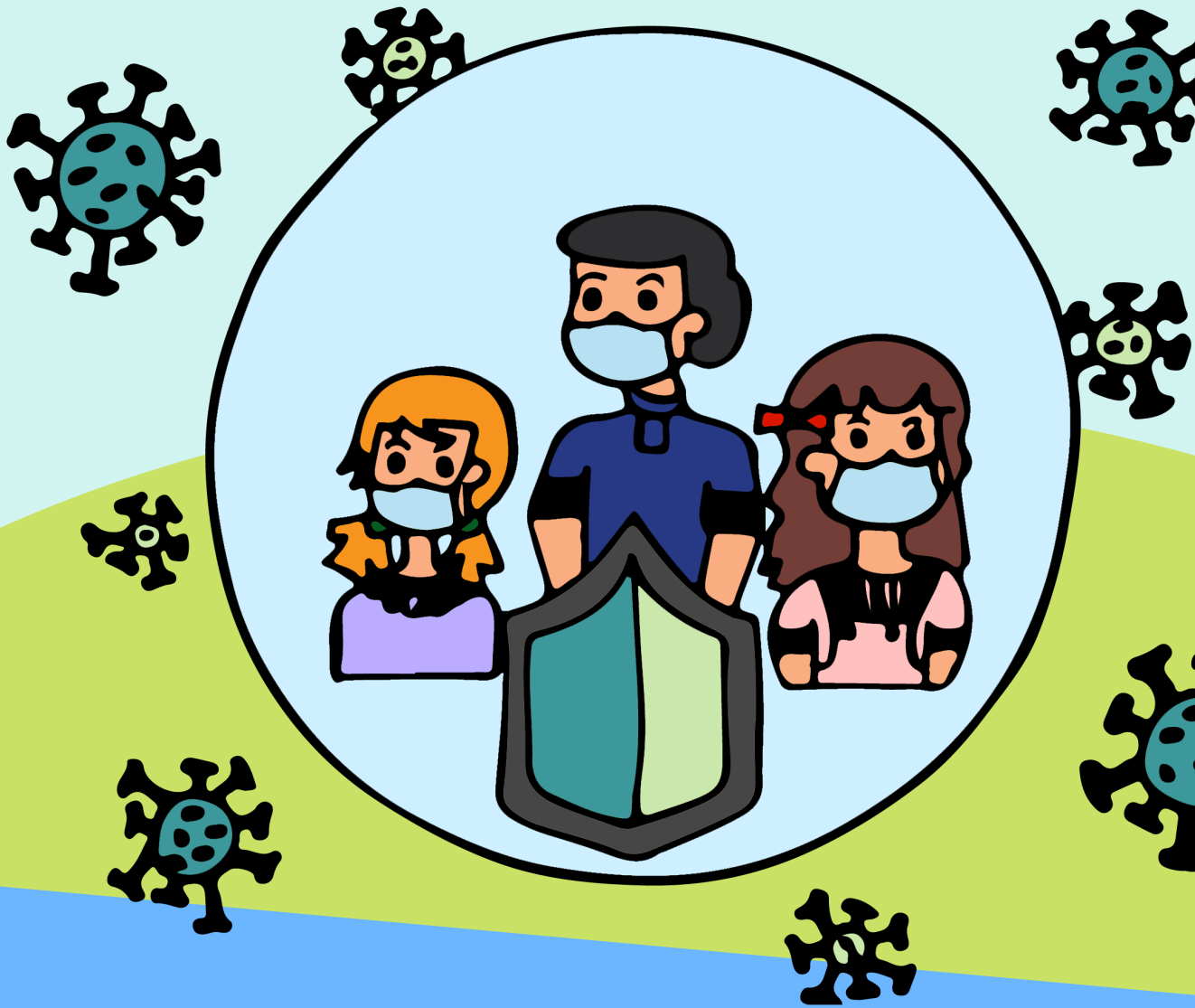


COVID-19 HANDBOOK



Things you should do to protect yourself
and others from coronavirus (COVID-19).

FOREWORD

Founded in 2007, Asylum Access Thailand (AAT) is a non-governmental organization and forms part of the Asylum Access family. We work to make human rights a reality for refugees. We believe all refugees deserve a fair chance at a new life.

WHAT WE DO



Legal Aid

Asylum applications in Thailand are currently handled by the UN Refugee Agency (UNHCR). The process can be lengthy, complicated and often traumatic. We provide our clients with the legal and social support to help them navigate this process and obtain refugee status.



Community Empowerment

We empower the sustainable resilient of the refugee community through the series of community outreach knowledge and skills based training for refugee-led empowerment groups. We establish the notion of SGBV along with child protection concerns among the community. To ensure the accessibility to livelihood developmental assets, we strengthen refugees and host community-led initiatives.



Policy Advocacy

We work alongside other human rights groups to advocate for changes to Thai law that will restore the safety and dignity of refugees in the country. We are pushing for a Thailand in which all refugees can feel safe and rebuild their lives.

CONTACT

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COVID-19

In late 2019, Coronavirus first emerged to some particular areas then rapidly spread throughout the world. The infection of this human-to-human disease can cause mild to severe symptoms. Since the first outbreak, COVID-19 has been mutated to five different variants; each variant has its transmissibility, immunity and infection severity.



Alpha

- First detected in United Kingdom, September 2020
- Severity: Alpha variant spreads easier than the original variant



Beta

- First detected: South Africa, September 2020
- Severity: This strain has a higher chance of causing severe illness or death compared to the initial strain of the virus.



Delta

- First detected: India, December 2020
- Severity: Delta spreads more rapidly than the original variant and it is currently found as the dominant strain in Thailand



Gamma

- First detected: Brazil, December 2020
- Severity: The strain is more contagious than other variants and the vaccine efficiency against gamma is low.



Lambda

- First detected in Peru in December 2020
- Severity: This strain has potentially increasing transmissibility or resistance to the vaccination.

Sources:

1. European Centre for Disease Prevention and Control Sars-CoV-2 Variants of Concern as of 20 August 2021 (2021). <https://www.ecdc.europa.eu/en/covid-19/variants-concern>
2. Vejthani Hospital, 4 COVID-19 Variants of Concern that Worry the World (2021) <https://www.vejthani.com/2021/08/4-covid-19-variants-of-concern-that-worry-the-world/>
3. Science Focus, lambda Variant: All You Need to Know About the New UK Coronavirus Strain. (2021). <https://www.sciencefocus.com/news/lambda-variant/>

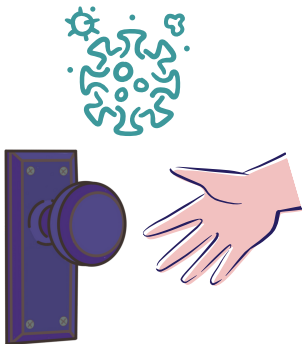
COVID-19 TRANSMISSION

There are 3 ways of COVID-19 transmission.



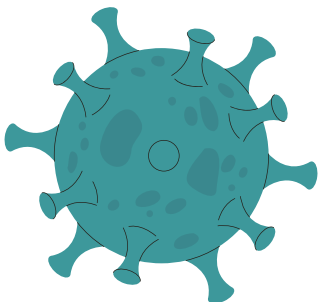
1. Droplet

Drops of liquid in the form of saliva and mucus that produce when you cough, sneeze and talk. COVID-19 can be transmitted among individuals by the mouth, nose, and eyes.



2. Contact

The droplet from infected individuals can remain on the surfaces of objects. When persons touch the contaminated areas, then touch their mouth, nose, or eyes. COVID-19 can transmit to those individuals.



3. Airborne

Tiny particles, produced by talking, which can stay in the air longer and travel further than droplets. The risk location of airborne can be seen as indoor, crowded, and inadequate spaces such as restaurants, choir practices, gyms, nightclubs, offices, and places of worship.

5 COVID-19 MEASUREMENTS

1

Maintain a physical distance of at least 1-2 meters between yourself and others.



Ensure the airflow in your room and avoid crowded areas.

2

3

Cover your mouth and nose with your elbow every time you cough or sneeze.



Wear your face mask or any other personal protective equipment properly.

4

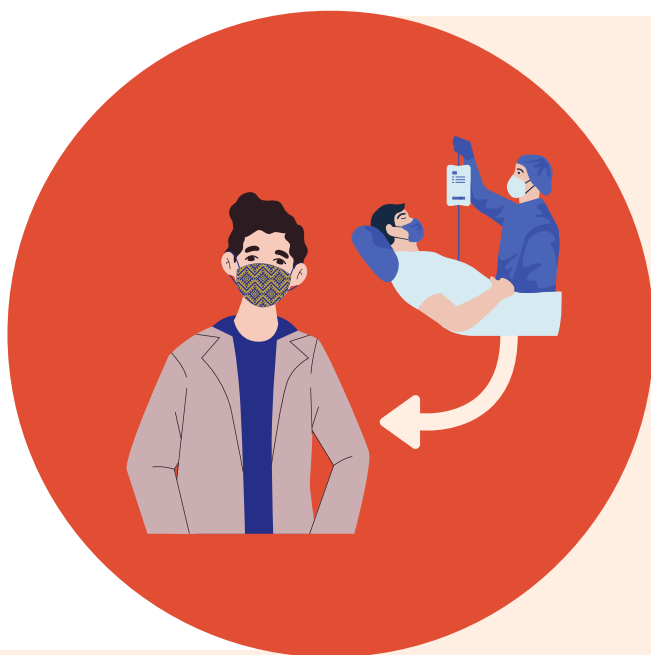


Wash your hands often with soap for at least 20 seconds or sanitize your hands with alcohol gel frequently. Make sure to wash or sanitize your hands before having a meal or touch around your mouth and nose area.

5

RISK ASSESSMENT:

AM I AT RISK OF GETTING COVID-19 AND WHAT SHOULD I DO?



Red

Individuals who are in the same house or in contact with an infected person within 1 meter and more than 5 minutes are at high risk of getting COVID-19.

What should I do

- Immediately get COVID-19 test;
- Quarantine yourself while waiting for the result.
- Contact medical experts for further treatments.

Yellow

Individuals who physically contact and spend time with a high risk of infected COVID-19 persons within 1 meter and more than 15 minutes.

What should I do

- Follow up with the person's COVID-19 result;
- If he/she tested positive for COVID-19, immediately quarantine and go for the COVID-19 test.



Green

The individuals who exposed themselves to the yellow risk group.

What should I do

- Follow up with the at-risk of infected persons.

PSYCHOLOGICAL SYMPTOMS & STRESS MANAGEMENT

Because of the COVID-19 situation, you may experience extreme stress and anxiety which result in physical and mental symptoms.

PHYSICAL SYMPTOMS

- Pain and tension of your neck, shoulder, and back
- Upset stomach
- Tight muscles
- Headache
- Heavy chest
- Exhaustion or trouble sleeping

PSYCHOLOGICAL SYMPTOMS

- Difficult to focus
- Get angry easily
- Cannot sit still
- Have difficulty sleeping
- Feel sad or guilty
- Worry and fear about the situation
- Cry
- Feel very tired
- Sense of loneliness

If you experience these symptoms, here are some strategies to manage your stress



Do what makes you feel happy



Contact your friends and family



Exercise



Check the information with the fact



Keep up your routine

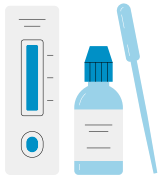


Spend less time on screen or social media



Abstain from smoking or alcohol

"It is normal to feel sad, stressed, confused, scared or angry during a crisis."



RAPID ANTIGEN TEST

In the prior stage, if you have the risk to get COVID-19 and would like to test it, you can do it at home with the antigen test (rapid-test which will show the result within the day).

NOTE

- Each company may have different usage directions.
- Please read and follow the description of your test kit carefully.
- The result of the Antigen test is not as accurate as the testing that is used in hospitals.

WHERE CAN I GET THE ANTIGENS TEST

- The rapid antigen tests are available at every pharmacy near you.
- Make sure to purchase the Self/Home Test



HOW TO USE THE ANTIGEN TEST: PREPARATION

1. In each kit, there will be five pieces of equipment.



The testing device in the seal foil package

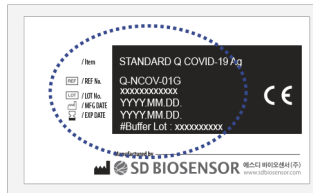


Extraction buffer tube, cap, swab stick



Instruction

2. Please check the expiry date of the antigen test which appears on the back of the package. **DO NOT** use the expired kit.



3. Open the foil package to get the testing devices and check the ability of the device. There will be color identification at the back of the testing kit.

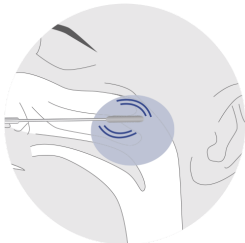


Yellow = not able to use

Green = able to use

HOW TO SWAB

1. Insert a swab stick into your nose tube around 2 centimeters and swab over the surface of your nose (posterior nasopharynx) by stirring it around 5-10 times for 15 seconds.



2. Next, insert the swab into an extraction buffer tube. When you insert, please squeeze the bugger tube and stir the swab stick more than 5 times.

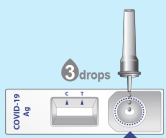


3. Remove the swab while squeezing the side of the tube to extract the liquor from the swab and press the cap tightly on the tube.



4. Press the cap tightly on the tube.

*Wash your hands and wear gloves before swab and test.



Read in 15-30 mins.
Do not read after 30 mins.

5. Apply 3 drops of your swab sample into the testing device. Please drop in the circle shape area, and wait for 15-30 minutes.

HOW TO READ THE RESULT

Definitions

Positive:

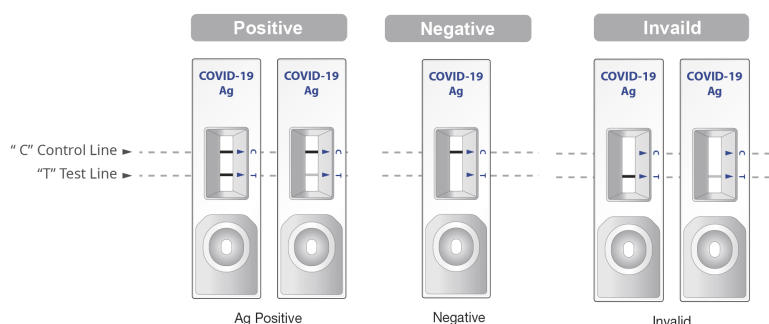
Infected with the COVID-19

Negative:

Not infected with the COVID-19

Invalid:

The result cannot be used and the swap needs to be re-done with the new test device.



The used products are **contaminated trash** (whether tested positive or not), make sure to put all the used devices in a separate bag and seal it properly before throwing it away.

DEGREE OF SYMPTOMS

The degree of COVID-19 symptoms varies in each individual. One person could have severe symptoms while the others may have little to no body reactions. The degree of symptom is the criteria for doctors in order to determine medical treatment including admitting at the hospital or home isolation. The symptoms are categorized into different colors indicating each degree as listed below;

GREEN

This group is considered mild and asymptomatic (no symptom shows) patients



- Fever (a temperature of 37.5 °C or above)
- Cough, sore throat, and runny nose
- Loss of taste and smell
- A rash on the skin or discoloration of fingers or toes
- Irritated or red eye
- Diarrhea
- Do not have difficulty breathing or loss of breath symptoms
- No lung inflammation
- No other underlying medical condition

GREEN GROUP RESPONSE



This group are eligible for home isolation.

YELLOW

Yellow group is included a vulnerable group who age over 60 and/or have an underlying medical condition and/or those who have the following symptoms:



- Chest pain
- Difficult breathing from simple activity
- Fatigue and lightheaded
- Lung pneumonitis
- Having diarrhea more than 3 times a day together with feeling light-headed

YELLOW GROUP RESPONSE



This group should be immediately transferred to a hospital to prevent the further development of severe symptoms.

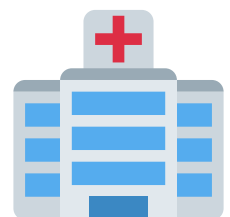
RED

Red group is the most severe symptoms showed in the list below:



- Out of breath and show mental disorientated signs such as cannot finish the sentence while speaking, numbness, and slow response.
- Having chest pain all the time
- Lung pneumonitis
- Have a drop of oxygen level (SpO2) equal to or lower than 3%
- Have a progression of pulmonary infiltrates display on the X-ray

RED GROUP RESPONSE



Immediately admitting to the hospital.

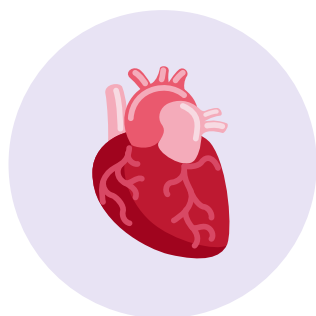
VULNERABLE GROUPS

Vulnerable groups are most likely to develop severe symptoms from the COVID-19. Once the vulnerable group tested positive for COVID-19, they will be categorized as a yellow degree of symptoms. This group includes;

1. Elderly who age over 60 years old with/without congenital disease.



2. People who have underlying medical conditions as follows.



Heart and blood vessel diseases



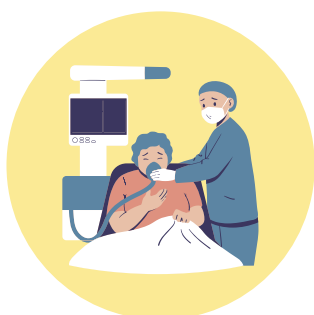
Chronic respiratory disease/
Lung disease



Chronic Kidney disease



Cerebrovascular disease or stroke



Cancer



Diabetes

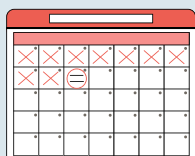


Obesity

PREGNANCY AND COVID19



Pregnant women should be extra precautionary because they are more likely to develop severe illness from the COVID-19 compared to non-pregnant women.



If you are 24 weeks pregnant and have no serious concerns to consult with a doctor, please consider postponing your maternity appointment as you deem appropriate.

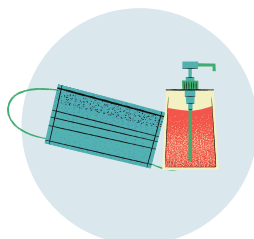
Please strictly follow the maternity appointment and avoid staying in the hospital for lengthy of time if you fall into any of these categories;



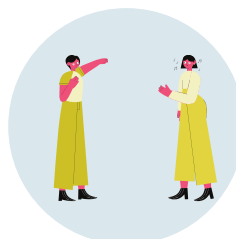
- You are 32 weeks of pregnancy or more
- You have a high-risk pregnancy: under 17-year-old or over 35-year-old, carrying multiple babies, having a complicated pregnancy history, etc.
- You have additional illnesses; high blood pressure, diabetes, Thyroid disease, heart conditions, asthma, chronic lung disease, chronic kidney disease, and immunodeficiency pregnancy.



Highly recommended to avoid crowded type of public transportation and not travel with more than one person.



Wear mask properly and carry alcohol gel for oftenly sanitizing hands.



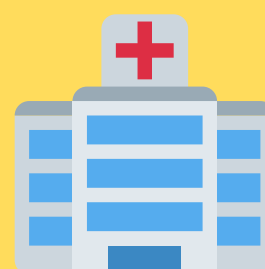
Maintain social distancing (2 meters) while waiting for the appointment at the hospital.



Dispose your used mask, wash your hands, and change clothes as soon as you return home.

IMMEDIATELY

Report your designated maternity hospital if any of these abnormal conditions occur; swollen, decrease of fetal movement, vaginal bleeding, feeling pain at the womb, fluid leak.



WHEN CAN YOU DO HOME ISOLATION

Patients who are waiting for admission to hospitals or field hospitals and given permission to home isolation by a doctor



Patients who have stayed at hospital for 7 to 10 days and recovered enough to receive further treatment at home



PEOPLE WHO ARE ELIGIBLE FOR HOME ISOLATION

Only applied to patients who are asymptomatic or have mild COVID-19 symptoms (green), with these following conditions;

Those younger than 60 years of age



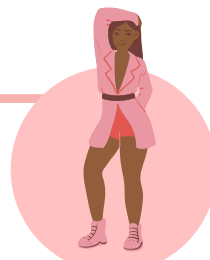
In good health



Live alone or share a home with no more than one person



Not be obese (weigh less than 90 kilograms)



Not suffering from a chronic illness such as

- Chronic obstructive pulmonary disease (COPD); lung disease
- Chronic kidney disease (CKD stage 3,4)
- Heart and blood vessel diseases
- Cerebrovascular disease or stroke
- Serious diabetes
- Other conditions that doctors may deem to be serious.



Such cases must submit of their own free will to the approach



Patients who do not meet eligibility criteria mentioned above, but their capacity is evaluated by and have permission from doctors to enter the practice of "Home Isolation"





PRACTICES FOR PATIENTS DURING HOME ISOLATION

Stay at home

You **MUST** stay at home meaning travel out of your home or having visitors are prohibited.

Practice social distancing

Avoid close contact with household members or always be at least 2 meters apart.

Stay in a specific room

If possible, stay in a separate room from household members with windows for airflow. If not, allocate one area of the home have at least 3 steps away from other people.



Use a separate bathroom

You should use a separate bathroom, if available. If you share a bathroom with family members, the shared bathroom should be cleaned after use.



Always wear a face mask

Wear a face mask at all times if you need to be around other people. Change masks after 8 hours of use or earlier if they become wet or visibly soiled.

Avoid sharing personal items

DO NOT share meals or personal items with others.

Wash your hands

Frequent hands washing with soap and water for at least 40 seconds or sanitizing with alcohol-based gel. Ensure to clean every surface in the room that is touched often (tabletops, doorknobs, handles, etc.).

Wash clothes separately

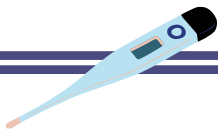
Clothes, sheets, towels, and other items should be washed separately from others with soaps or detergents.

Get enough rest and fluids

Get rest and drink a lot of fluids to maintain adequate hydration.

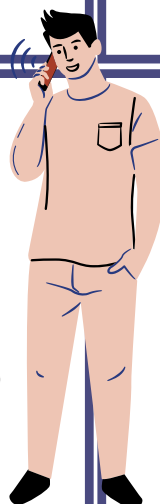
Closely monitor your health

Closely monitor your health including temperature, oxygen level, fever, and fatigue.



Contact medical facility

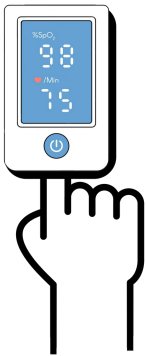
Immediately contact the medical facility that is in charge of your case for closer medical observation or referral, if your symptoms severely develop as follows; experience difficulty breathing, inability to keep fluids down, dehydration, a prolonged fever, or high temperature.



Avoid travel with crowded transportation

Travel with crowded transportation is NOT recommended such as buses or trains whenever you have to go to the hospital. Always wear a mask whenever you travel outside and ensure to travel with windows open or use the vehicle's vents for fresh air circulation.

HOW TO USE A PULSE OXIMETER?



- Turn on the Pulse Oximeter. Ensure digits are visible on the screen
- Insert a middle or an index finger into the Oximeter. Allow a few seconds for the Pulse Oximeter to detect the pulse and display the oxygen saturation (SpO2)
- SpO2 (oxygen saturation): can be seen as a percentage (%)
- Take the reading and record your oxygen level
 - Normal: SpO2 should be 95% or above

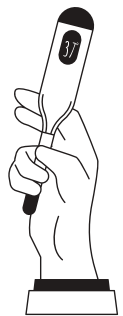
If SpO2 below 95 %, then person should be immediately referred to the medical officers

- Clean a designated finger with sanitizer or alcohol-based wipe after use
- To avoid wrong reading, do not test on a finger with nails polish

HOW TO TAKE THE TEMPERATURE WITH A THERMOMETER?

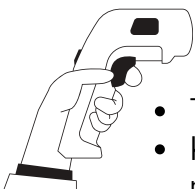
USING DIGITAL ORAL THERMOMETER

- Clean the tip with cold water and soap, then rinse it
- Do not eat or drink anything at least five minutes before you take your temperature because the temperature of the food or beverage can cause inaccurate result
- Turn the thermometer on
- Put the tip under your tongue, towards the back of your mouth
- Close your lips around the thermometer and hold the thermometer for about 40 seconds or until it beeps/flashs
- Check the temperature on the display and record your temperature



Fever: Any temperature of 100.4 F (38° Celsius) or higher is considered as fever

- Rinse the thermometer in cold water, clean it with alcohol and rinse again



USING THERMAL GUN

- Turn on the thermal gun and ensure it records correct temperature
- Keep the thermal gun at the palm's distance (6 inches) from the forehead and press the button to record the temperature
- Read the number on the "Screen" and record your temperature

Fever: Any temperature of 100.4 F (38° Celsius) or higher is considered as fever

- Clean thermal gun with sanitizer or alcohol-based wipe after use or when the gun is handed over to someone else



HOW TO TREAT YOURSELF DURING HOME ISOLATION?

If having a fever with a body temperature above 37.5 degrees celsius

- Get plenty of rest; having at least 7-8 hours of sleep each night.
- Drink lots of fluids.
- Monitor your urine colour; a pale yellow colour means you are unlikely to be dehydrated, while darker color means you should drink more water.
- Take a dose of paracetamol every 4-6 hours.
- To reduce your body temperature; put a bath sponge with cool water on your high-heat areas like armpits, neck and groin.

If having a cough

- Sleeping on your side or a high-loft pillow and avoid sleeping flat on your back.
- Take cough medicines or throat lozenges to relieve coughs.
- Drinking warm water with honey (Do not give to children under 12 months).



If you have diarrhea or vomiting

- Avoid these following products; dairy products (e.g. yogurt and milk), fresh fruits and hard-to-digest foods.
- Take frequent sips of oral rehydration liquids (ORS) mixed with boiled and clean water throughout the day (patients with kidney or heart disease should talk with a doctor before taking an ORS).
- If you lose appetite, try to eat a small portion but often.



If experiencing difficulty breathing or shortness of breath

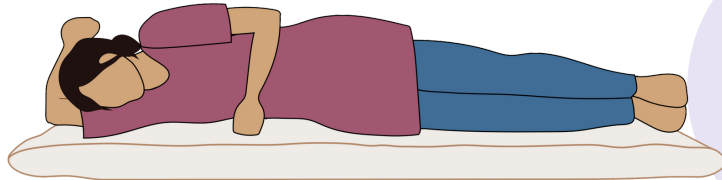
- Open a window or stay in a well-ventilated room.
- Take in a slow and deep breath through your nose and mouth.
- Sit up straight with your shoulders relaxed, but not hunched or rounded.
- Leaning slightly forward, gently rest your elbows on your knees and take a long deep breath to help you breathe more easily.
- Try not to stress and panic.
- Sleeping position: sleep on your side or a high-loft pillow.

SLEEPING POSITION

The following lying positions help ease the severe symptoms of the lungs from COVID-19 effects such as difficulty breathing or shortness of breath and tiredness

1

Laying face down at your most comfortable posture for 30 minutes to 2 hours.

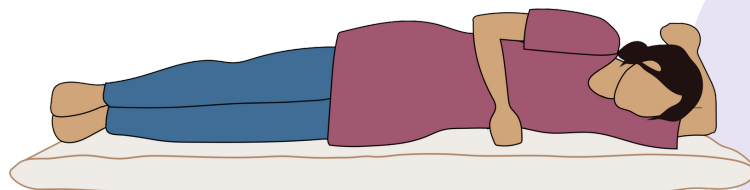
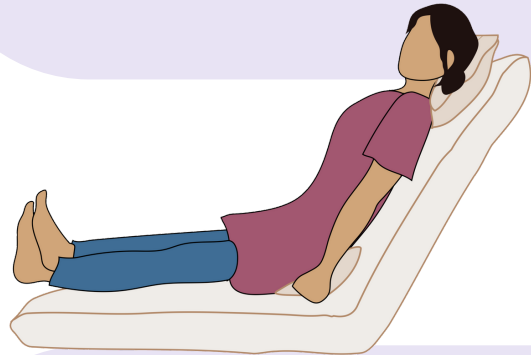


Followed by side-lying on the right position for another 30 minutes to 2 hours.

2

3

Then sitting up at 60-90 degrees for 30 minutes to 2 hours.

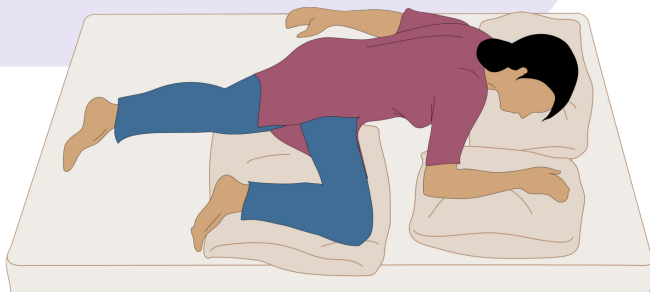


Next, lay down on your left for 30 minutes to 2 hours.

4

5

Then, lay face down and put one leg up for 30 minutes to 2 hours.



Once you are done with the position above, you can repeat the first position followed with other gestures in respective order.

FAH TALAI JONE (ANDROGRAPHIS PANICULATA)

Fah Talai Jone is a herb-based medicine that is widely used in Thailand for mild symptoms (i.e. fever, sore throats, and coughing) and asymptomatic patients. However, it has not been officially confirmed by the World Health Organisation (WHO) or globally for curing or preventing infection with the COVID-19.

**As there are ongoing studies, please stay updated for the latest news.*



Precautions



Avoid taking Fah Talai Jone with medicines that help prevent blood clots (anticoagulant), stop cells in the blood from sticking together (antiplatelet) and blood pressure medications such as Warfarin and Aspirin because it can develop synergistic effect.



Pregnant, potential pregnant and/or breastfeeding are not recommended due to the uterine contraction which can lead to miscarriages, premature birth, or birth defects.



It is not recommended for those who have underlying medical conditions such as chronic lung disease, serious heart conditions, high blood pressure, diabetes or liver disease.

Dosage

• For adults:

Take a total of 180mg andrographolide a day for a few consecutive days.

*Please note that each brand has a different amount of andrographolide. Carefully read the medicine label and follow doctors or pharmacists' instruction.

• For children weigh under 50kg:

Take 3-3.5mg per 1kg of body weight per day. If 50kg weight or higher, use equal dosage as adults.

****DO NOT take Fah Talai Jone for more than 5 consecutive days.***

Body Weight	Amount of Andrographolide
20	60-70mg/day
30	90-105mg/day
40	120- 140mg/day

Directions



- Read the medicine label carefully because the amount of andrographolide can be varied on each pharmaceutical companies.
- It is recommended to take it once after each meal to prevent nausea and vomiting.
- It is suggested to take Fah Talai Jone within 72 hours (3 days) once you test positive for covid-19

Side effects

- Stop taking it if you develop severe following symptoms; Loss of appetite, diarrhea, nausea, vomiting, headache, heart palpitations, and fatigue.
- Recommend sitting or laying down if feeling dizzy or about to faint. If the symptoms do not go away in 30 minutes, please consult with the doctors.
- When overdoses or taking for a longer time than instructed, Fah Talai Jone might cause numbness or weakness in legs and hands, and other undesirable side effects.
- Some may have allergic reactions; rash, hives and facial swelling. If experiencing these symptoms, do stop taking Fah Talai Jone, use allergy medicines to immediately relieve allergy symptoms, consult with doctors and do not use it again.

ORAL REHYDRATION SALTS (ORS) AND COVID-19

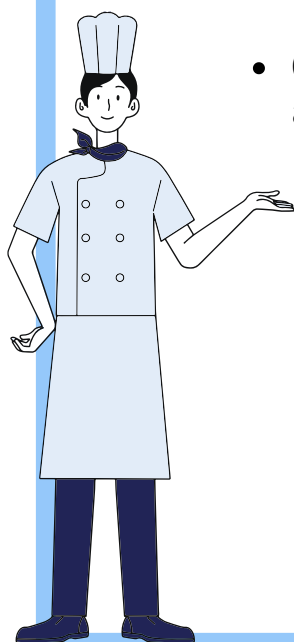
Along with a fever, many people with COVID-19 develop gastrointestinal symptoms and experience nausea, vomiting, and diarrhea. Diarrhea can cause dehydration which happens when your body does not have as much fluids as it needs. Dehydration can become serious and may lead to death if it fails to resolve or not addressed adequately. While waiting to be admitted into hospitals, it is recommended to drink sips of oral rehydration salts (ORS) to fulfill fluids lost due to diarrhea.

*Sports beverages are not recommended for those with fever, diarrhea or vomiting because concentration of salts and sugar in sports beverages is different from ORS and it can worsen your conditions.

Homemade Oral Rehydration Salts (ORS) Recipe

The mixture ingredients are as follows:

- Two tablespoons of sugar (24 grams)
- Half teaspoon of salt (3 grams)
- One litre of clean drinking or boiled water and then cooled (750 cc.)



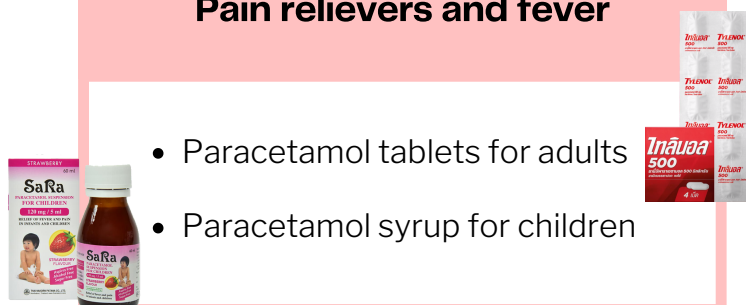
Stir the mixture till the salt and sugar are dissolved.

FIRST AID KIT

Many hospitals limit the number of daily outpatients amid the outbreak due to limited resources and supply of protective equipment. It is advised to avoid going to hospitals if not necessary. While staying at home, it is important to have a well-stocked first aid kit in your home so you can treat minor health problems, accidents and injuries.

Your basic first aid kit for COVID-19 may contain:

Pain relievers and fever



- Paracetamol tablets for adults
- Paracetamol syrup for children

Diarrhea

- Oral rehydration salts (ORS)
- Activated Charcoal



Coughs and sore throat

- Cough lozenges or drops



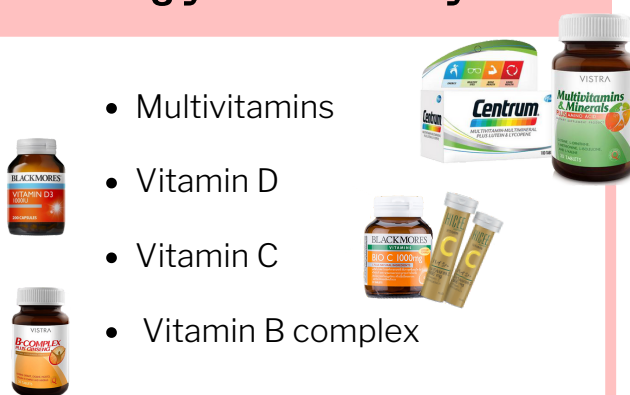
Allergic conditions such as runny nose

- Chlorpheniramine



Dietary supplements for boosting your immune system

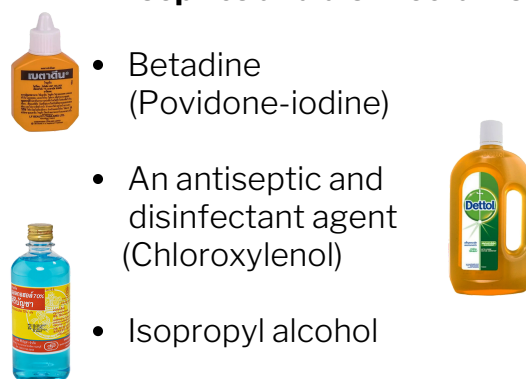
- Multivitamins
- Vitamin D
- Vitamin C
- Vitamin B complex



Other medicines may includes:

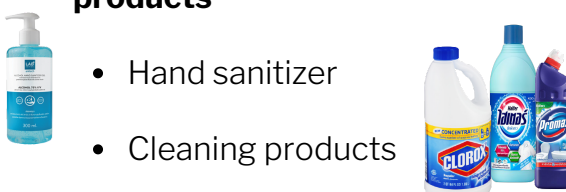
Antiseptics and disinfectants

- Betadine (Povidone-iodine)
- An antiseptic and disinfectant agent (Chloroxylonol)
- Isopropyl alcohol



Cleaning and disinfecting products

- Hand sanitizer
- Cleaning products



SELF-HYGIENE CLEANING PRODUCTS

Living space becomes the hotspot for COVID-19 infected as you might unconsciously carry the virus to your home. It is important to ensure the hygiene of your place with a product that can be easily found at your nearby convenience stores.

How to mix your DIY disinfectant products

1

Best mix with 2 lids of bleach per 2 liters of water.



DO NOT mix the bleach with other cleaning products.

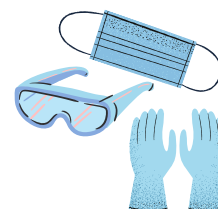
2



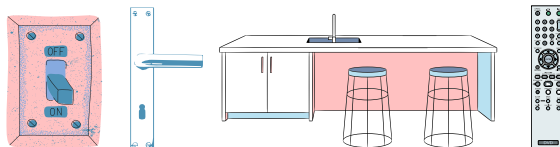
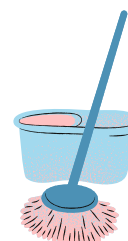
Cleaning Directions



- Wear your personal protection equipment (PPE) such as gloves, glasses, or goggles for safety precautions and to minimise direct contact with surfaces.



- Ensure adequate ventilation such as open windows or doors.
- Often clean any surface in your home when it is noticeably dirty.
- Ensure to clean high-touch surfaces such as doorknobs, remote controls, tables, handles, light switches, and countertops with your DIY disinfectant products or 70% sanitizing alcohol products.



Cleaning Directions (cont.)

- For the floor, you can use your household cleaning products, soap or detergent and water. Starting from the dirtiest areas to the least one, make sure to avoid repeating the same area. After that, use your DIY disinfectant products and 70% sanitizing alcohol products or bleach to finish the cleaning process.



- For bathrooms, start with the bathroom cleaning products then disinfect the areas by applying your DIY disinfectant products and leave them for at least 10 minutes before rinsing them off with water. Make sure to clean the frequent contact surfaces such as door handles, taps, bidet shower, countertops, mirrors, and soap dispensers in the bathroom with your DIY disinfectant products or 70% alcohol sanitizing products.



Special Precautions

- Avoid spraying sanitizing products due to the possibility to spread of the germs.
- Best used as soon as you prepare your products.
- DO NOT use the sanitizing gloves for other purposes to avoid the spread of germs.
- Avoid touching the facial area (eyes, nose, and lips) while sanitizing or/and using the sanitizing gloves.
- Side effect; most of the sanitizing products are bleach products, which can irritate and cause severe burns on your skin. Make sure to avoid touching directly or touching around your eyes area.



HOW TO DISPOSE OF MASKS

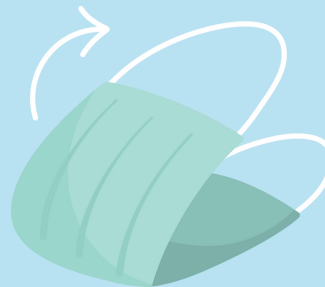
Take off your mask.



1

2

**Fold your used mask
in half or roll it.**



**Put your used mask into a
separated plastic bag and
seal it properly.**

3

WHERE TO REACH OUT

For physical symptoms, please contact:

Bangkok Refugee Center (BRC)

- In special medical cases, BRC can provide common reimbursement care.
- You can contact BRC via these numbers as listed below
 - 02-512-5632-4 during officer hours
 - 086-010-4117 - hotline number for emergencies after office hours which operate every day from 07:00-23:00

Tzu Chi

Tzu Chi provides the medical kits (free of charge) for COVID-19 green symptom patients, please contact them for more information using the information as listed below

- Facebook: Tzuchithailand
- Line: Tzuchithailand
- Tel: 080-558-5892 (English), 02-328-1161-63 & 062-8471388 (Thai)

For psychosocial/psychological support and stress coping, please contact:

Jesuit Refugee Service (JRS)

- Tel: 084-427-4136, 062-540-5456, 094-371-7834
- The mental clinic service opens on Monday, Tuesday and Thursday.





PRACTICES BEFORE ADMISSION INTO HOSPITAL

There are certain things you should prepare before admitting to the hospital, you may see the checklists down below



Identification card – including UNHCR card, or passport



Insurance card (if you have one)



Mobile phone, phone charger, portable charger and emergency contact number



A personal prescription for other medical conditions with the name of the hospital and regular doctor



Personal belonging including sanitary napkin and diaper (if you have a kid), and toilet paper



One set of clothes (for the day you discharge from the hospital)



Money, ATM card, debit card, and credit card



Mask and alcohol gel



Tote bag or plastic bag for carrying your belongings



VACCINATION AND SIDE EFFECTS

Can I get the vaccine right after I get diagnosed with COVID-19?

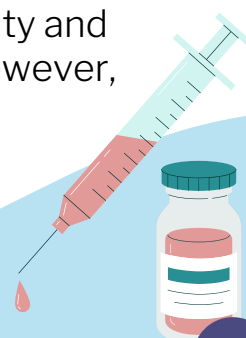
No, you have to wait at least 90 days after recovering from COVID-19 to receive the vaccine.

Do I have to get a vaccine even if I have recovered from COVID-19?

You should get a vaccine if possible because the experts do not confirm that you will not get infected again shortly after recovering from the COVID-19. Moreover, vaccination provides a strong boost in protection in people who have recovered from COVID-19.

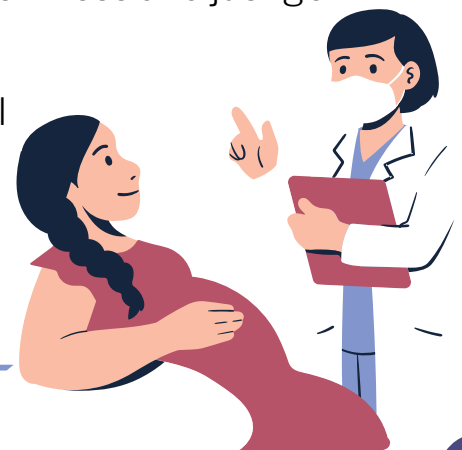
Can I get infected with COVID-19 even though I already got the vaccine?

Yes, you could. The COVID-19 vaccines help increase your immunity and reduce the risk of developing the illness and its consequences. However, it does not provide full protection against the disease.



WHO SHOULD CONSULT WITH A DOCTOR BEFORE GETTING THE COVID-19 VACCINE?

- People who have had severe allergic reactions to any ingredients in the vaccine.
- People who have a severe allergic reaction to the first shot of the COVID-19 vaccine.
- People who have tested positive for COVID-19 in the last 10 days.
- Children and adolescents under the age of 18.
- People who are pregnant or breastfeeding or planning for pregnancy.
- People who have HIV that the CD4 count is lower than 200.
- People who are currently sick or have relapsed from their medical conditions.
- People with diabetes who have high blood sugar levels or have uncontrollable blood pressure during that time.
- People with low platelet count (mild thrombocytopenia) or/and unusual blood clots.
- People with compromised immune systems.
- People who received blood transfusions or/and plasma in less than 90 days.
- People who have been cured recently of acute illness and just got out of the hospital for less than 14 days.
- People who have a chronic illness which is still uncontrollable and has unstable symptoms.



SELF-PREPARATION BEFORE VACCINATION



Getting Ready

- Get plenty of sleep and rest
- Avoid alcohol intake before vaccination
- Be healthy without fever or abnormal signs
- Refrain from heavy exercise or activity 2 days before and after vaccination
- Have a meal and drink some water
- Avoid a drink that contains caffeine such as coffee, tea, and coca-cola on the day of getting a vaccination or if possible at least 6 hours before bedtime
- Regular medications can be taken as prescribed
- Wear the top that can be easily accessible to the upper arm

Vaccination Day

Make sure you have;

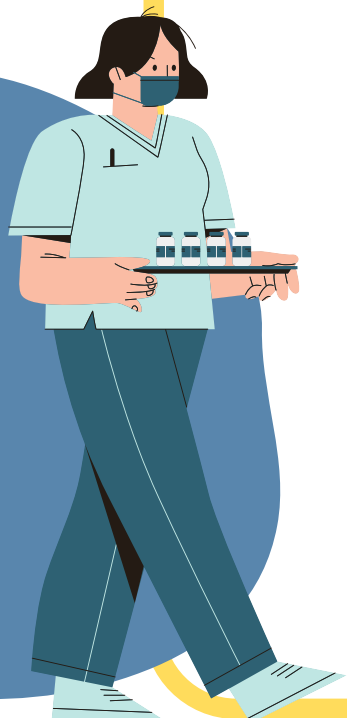
- A mask that covers your nose and mouth (fit tightly and comfortably)
- Hand sanitizer
- A body temperature lower than 38°C on the vaccination day
- The notification you received about your appointment
- Your identification card
- Keep social distancing

Important information that needs to be informed physician and medical personnel prior to vaccination includes;

- Allergic reaction formerly happened with you
- Body temperature greater than 38°C on the vaccination day
- The presence of bruise, unusual bleeding or the use of an anticoagulant drug such as warfarin
- All side effects that arose after the first dose of vaccination

If you are feeling nervous or anxious;

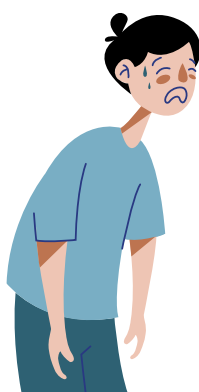
- Remember that it is a small prick that could save your life
- Take slow deep breaths
- Look away from the needle



AFTER VACCINATION

After being vaccinated you will need to stay in an observation area for 30 minutes. This is to monitor your reaction to the vaccine and make sure you do not experience any severe side effects.

Observe: common side effects



- Arm soreness, redness, swelling (on the arm where you got the shot)
- Mild fever
- Tiredness
- Headaches
- Muscle pain or joint aches
- Nausea
- Itching

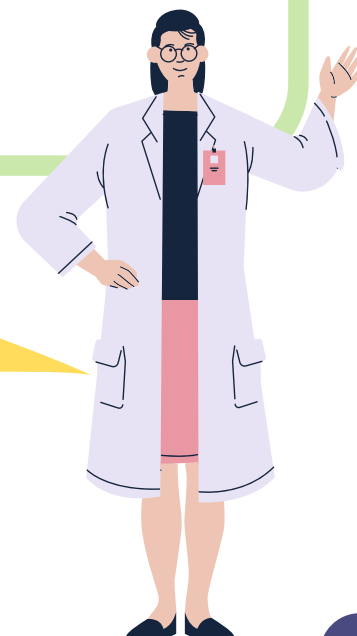


How to relieve side effects?




- Take medicines according to your symptoms such as paracetamol for fever and ORS for diarrhea
- Apply a clean, cool, wet washcloth over the pain and discomfort area
- Use or exercise your arm if possible
- Drink plenty of fluids
- Dress comfortably

***If you have severe symptoms beyond the aforementioned and they are not getting better, you should contact medical experts for further treatments.**



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**Wear a mask,
clean your hands,
and keep a safe
distance.**

We are all in this together.
Stay safe and stay connected.

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