



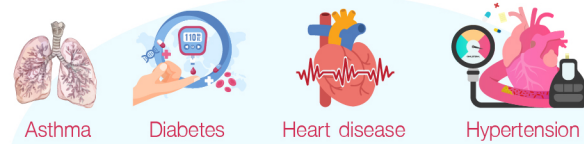
Preventive measures against COVID-19

during the quarantine period for people coming from other countries



1 Notify the communicable disease control officers regarding any health problems and underlying diseases.

2 Strictly adhere to the following quarantine instructions:



Examples including **heart disease, asthma, diabetes, or poorly controlled hypertension.** This information must be shared in order to provide medical assistance in a timely manner to those who stay alone in a room at a quarantine facility.



The quarantine period must be **completed** according to the specified duration



Avoid visits and contact with others until the quarantine period has lapsed



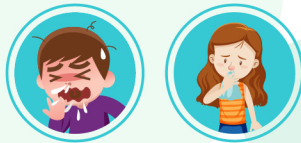
Take your body temperature and report it to the officers through the specified channel



Wash your hands with soap and water or an alcohol-based hand sanitizer that contains at least 70% alcohol every time after coughing, sneezing, before and after having meal, and after using the toilet.



Dispose of waste in the provided infectious waste bins.



Do not spit or blow your nose onto the ground.

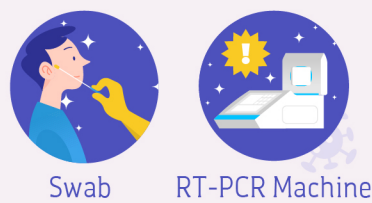


Do not leave the quarantine area



Notify the officers immediately if developing any possible symptoms of COVID-19 such as fever, cough, runny nose, sore throat, difficulty breathing, loss of taste, feeling feverish or any other unusual symptoms.

During the quarantine period, you must follow the testing protocol for SARS-CoV-2 as designated.



Guidelines to Prevent and Control COVID-19

for Domestic Travel in Thailand

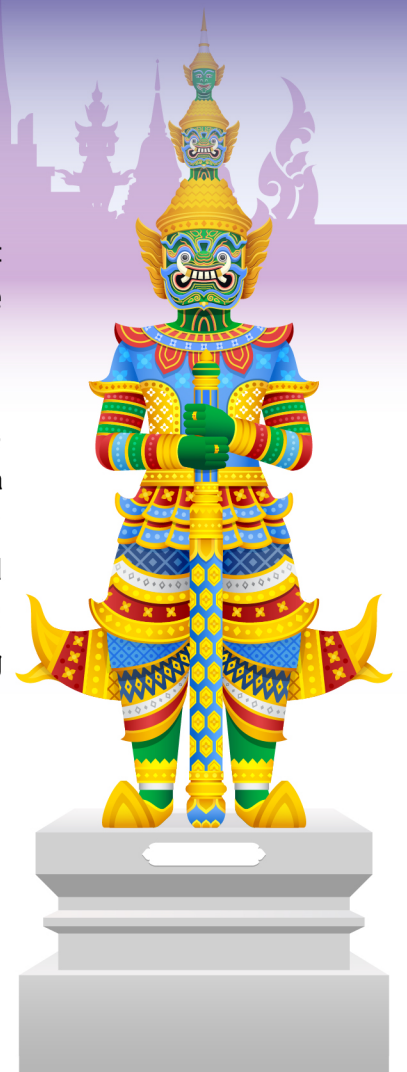


By the International Communicable Diseases Control (ICDC) Section, Division of Communicable Diseases, Department of Disease Control



Requirements

According to Section 9 of the Emergency Decree on Public Administration in Emergency Situations B.E. 2548 (2005), there are 11 categories of people allowed to enter Thailand. A subsequent announcement classified areas in Thailand according to their COVID-19 epidemic situations, defining four color-coded zones with corresponding control measures, which consist of 1) maximum and strict control zones, 2) control zones, 3) close-surveillance zones and 4) surveillance zones. In order to prevent the spread of COVID-19 and to achieve disease-free and safe travel among international and domestic travelers in Thailand, the following COVID-19 recommendations should be followed:



Welcome to THAILAND

After leaving the quarantine facility and preparing to travel in Thailand

3 Be prepared

Prepare to be flexible during your trip, prepare enough personal protective equipment during travel and prepare a way to communicate with public health agencies and family members in case of an emergency.

Medical Emergency Call, **1669**
DDC Hotline, **1422**

2 Refrain from or delay cross-provincial travel unless it is essential.

1 Before traveling, check the COVID-19 situation in the province(s) you will travel to and the province(s) you will pass through

Public health measures vary according to local situation based on the following classifications (as of 18 February, 2021)

- Maximum and strict control zones
- Control zones
- Close-surveillance zones
- Surveillance zones

Please check the Facebook page, which is under the responsibility of the Centre for COVID-19 Situation Administration, for more information on public health measures in each area.

4 Recommendations and the following guidelines for the prevention of COVID-19 should be followed to the fullest extent:

1) FOLLOW THE "D-M-H-T-T" COVID-19 PRECAUTIONARY MEASURES

DISTANCING (D)

Maintain Social Distance And Avoid Close Contact With Others.



MASK WEARING (M)

Wear a cloth mask or face mask at all times when leaving your home or accommodations and when around other people.



HAND WASHING (H)

Wash your hands frequently with water and soap or with an alcohol-based hand sanitizer that contains at least 70% alcohol every time before having meal, after going to the bathroom, and after blowing your nose, coughing, or sneezing.



TESTING (T)

Measure body temperature and get tested for COVID-19 (only for certain cases)



THAI CHA NA (T)

Scan and check in with the "Thai Cha Na" application



2) CHOOSE TO USE SERVICES THAT HAVE BEEN CERTIFIED AS HAVING ACHIEVED THE STANDARDS OF A SAFE ESTABLISHMENT. (SAFETY AND HEALTH ADMINISTRATION: SHA)



This includes tourist attractions, restaurants, hotels, shopping malls and shopping centers, and public transport



4) ALWAYS OBSERVE SYMPTOMS DURING YOUR TRIP.

If you have a fever, cough, sore throat, runny nose, or loss of smell or taste, please go see a doctor and inform them regarding your symptoms or illnesses and give them complete information about your travel history.



Cough, Sore Throat



Runny Nose



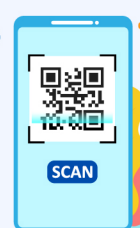
Fever



Body aches

3) SCAN THE QR CODE FOR THE "THAI CHA NA" PLATFORM WHEN ENTERING AND EXITING

any given location for the benefit of contact tracing in the event that an infected person was reported in the area. People should also follow the specified precautions at each location to prevent COVID-19.



With warm regards, International Communicable Diseases Control (ICDC) Section, Division of Communicable Diseases, Department of Disease Control.

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