



# WELCOME TO THAILAND THE LAND OF SMILE



HEALTH ADVICE FOR TRAVELLERS ON  
INFLUENZA



# *Key messages*

*to stay away from influenza :*

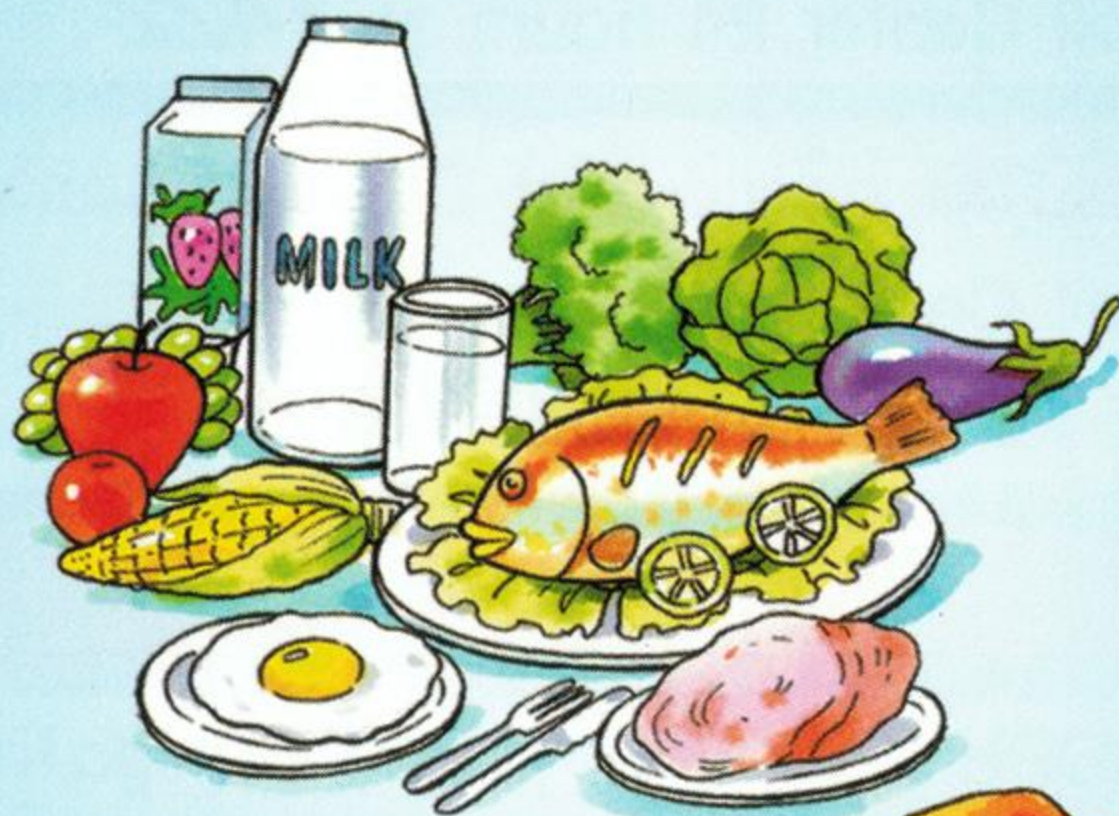
## *Before travelling*

- ❁ Be physically active everyday both from your favorite sports and routine life activities.

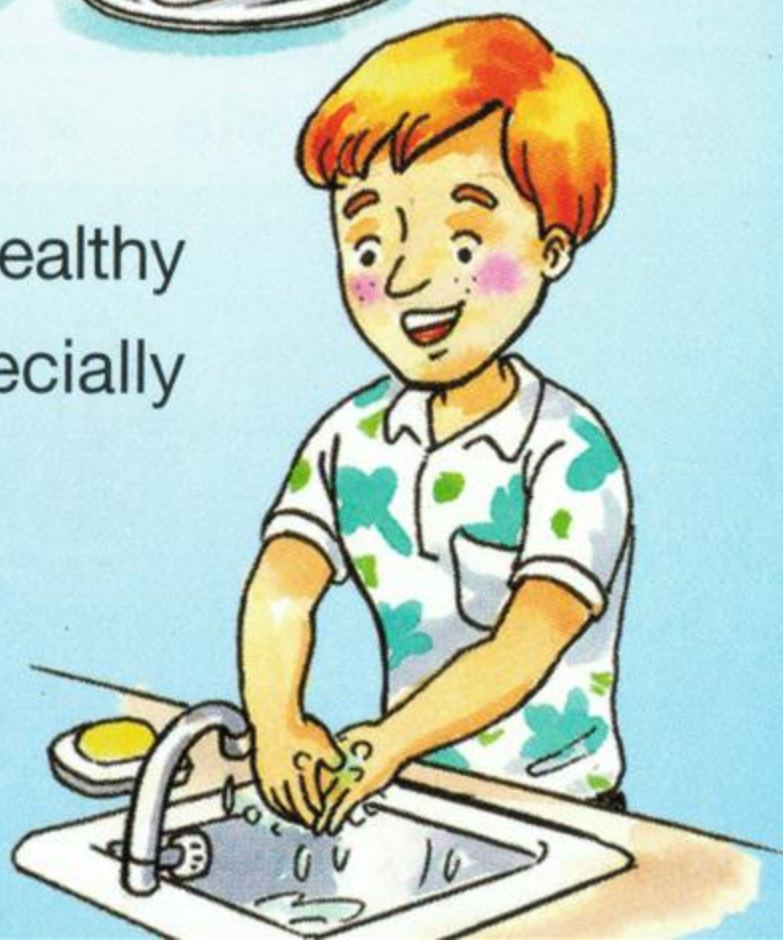




- ❁ Eat a variety of nutritious foods including meat, milk, eggs, vegetables and fruits.

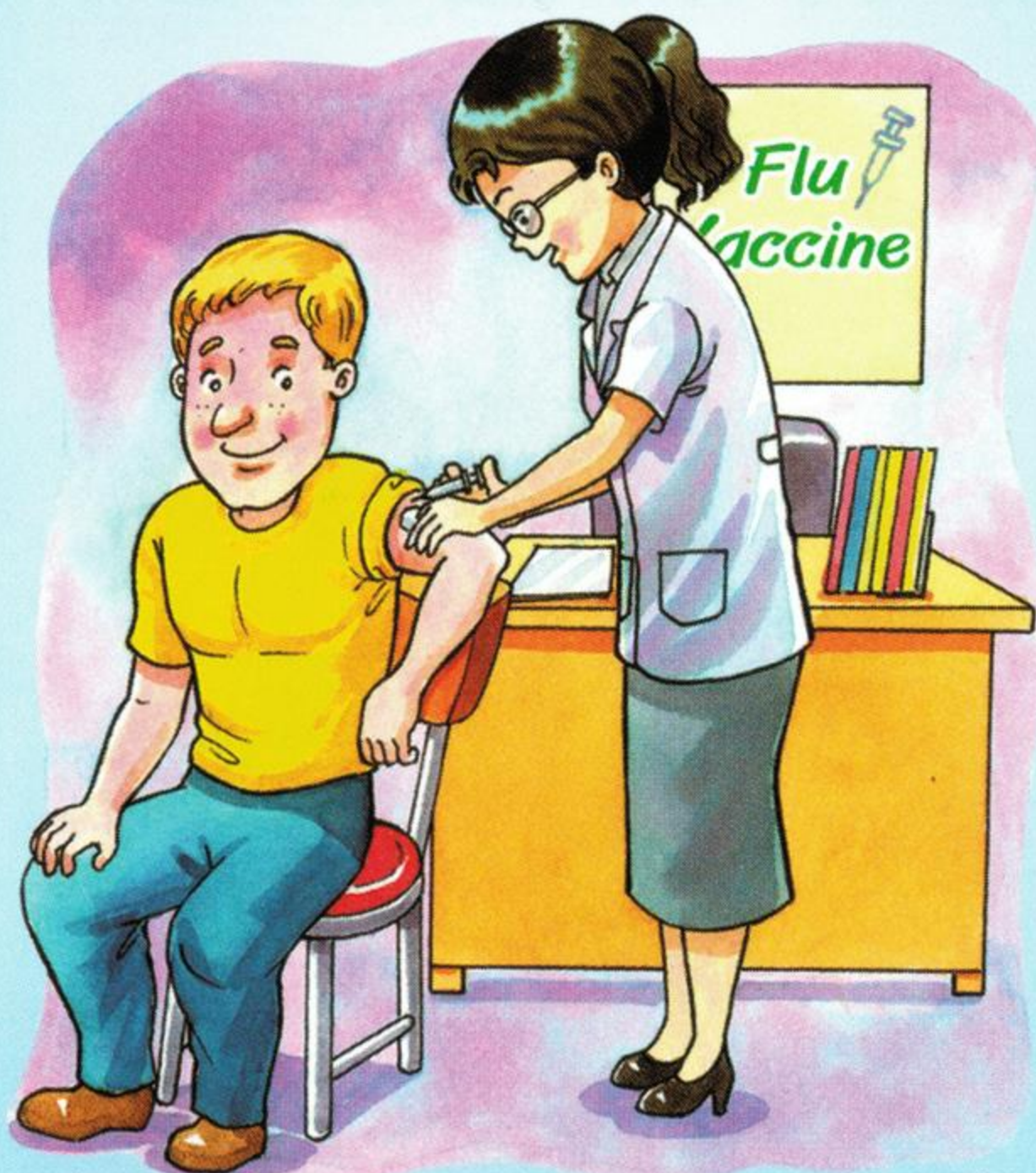


- ❁ Practice your healthy behaviors especially hand washing.





- ❁ If you have any medical conditions, meet with a doctor around 4 weeks before you leave.





- ❁ If you are pregnant, elderly or have a chronic disease, you are at high risk of serious illness from influenza. You should get a flu vaccination at least 2 weeks before travelling to ensure the best protection against flu.



- ❁ Bring along enough prescribed medicines and symptoms relief medicines such as paracetamol.



# Key messages

*to stay away from influenza :*

*During your travel in Thailand*

- ❁ Avoid staying close (within 1 metre in distance) to persons with influenza symptoms.





- ❁ Do not share the same utensils such as glass, straw, spoon, handkerchief, etc. with other persons.
- ❁ Wash hands often with soap and water thoroughly. Alcohol-based hand gel is also convenient germ killer during your travel. It is available in most pharmacies in Thailand.

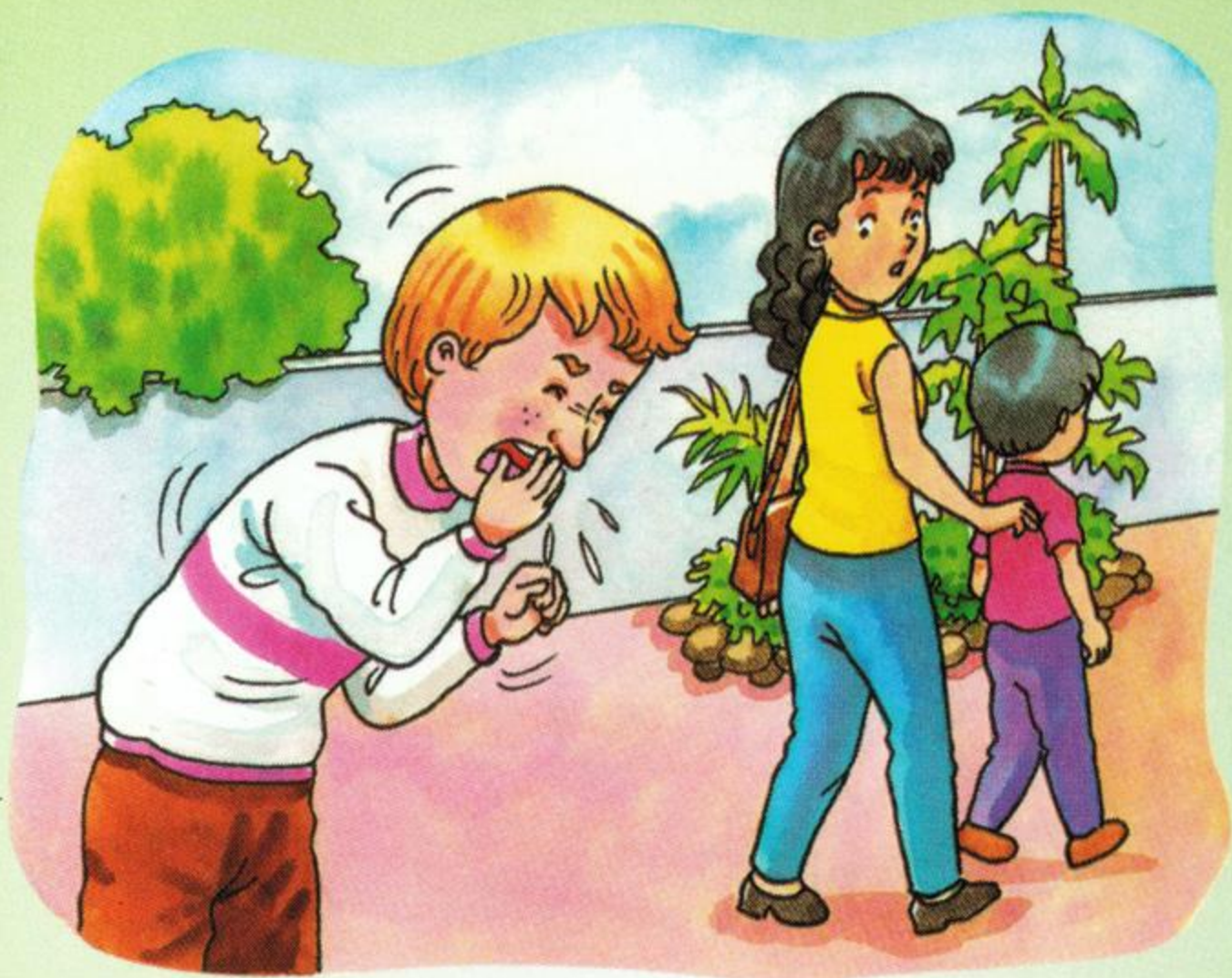




# *Useful information on influenza*

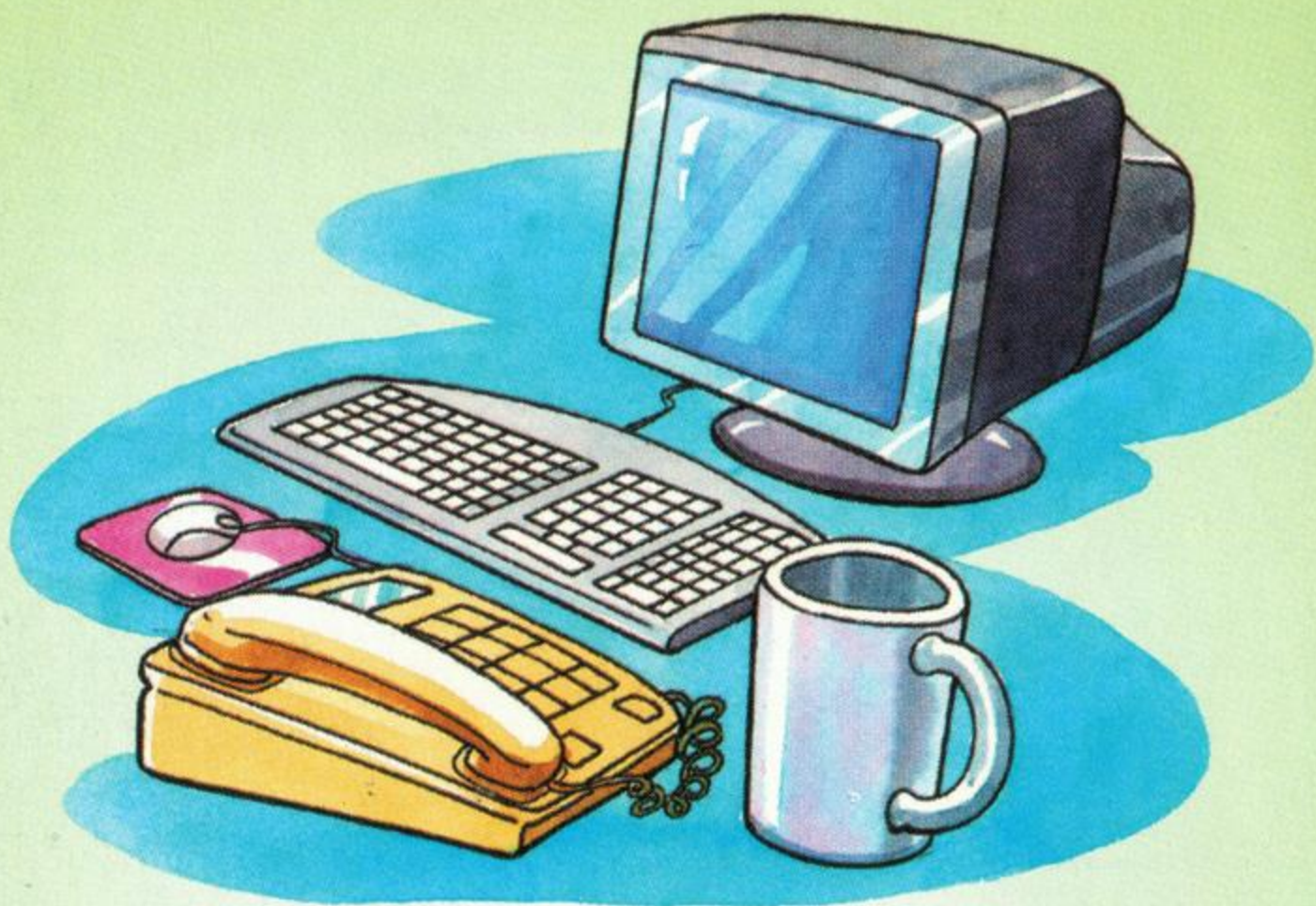
- ❁ Influenza, or flu is a common respiratory infection occurs worldwide.
- ❁ It is a mild disease but can be severe or even fatal in some people with high risk of serious illness from influenza.





- ❁ It is caused by influenza virus in a patient's nose and throat excretion which is passed directly to persons nearby through coughing and sneezing.

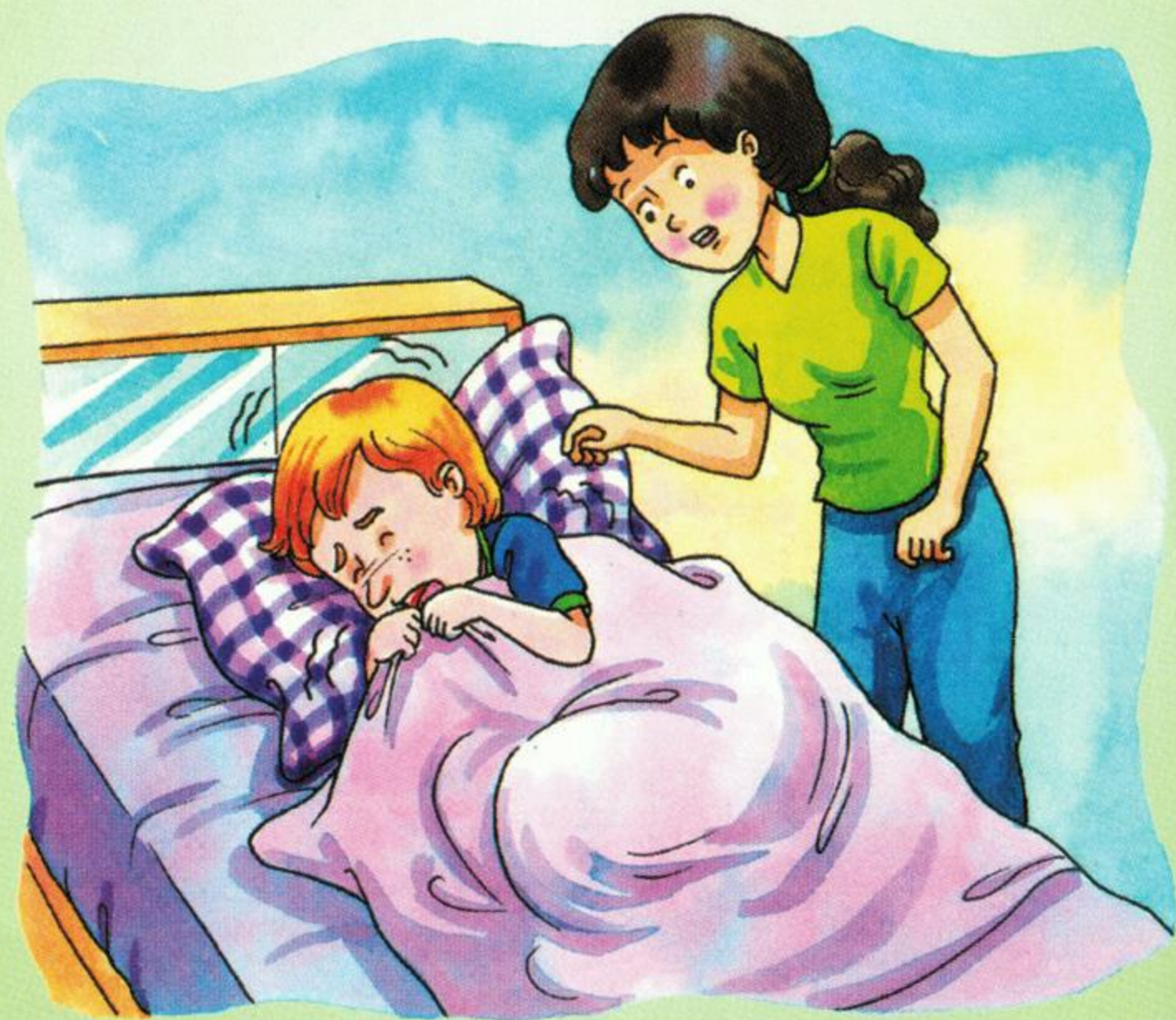





- ❁ Indirectly, a person can get infected by touching contaminated hands, surfaces and utensils.
- ❁ The virus infects a person through his nose, eyes and mouth.




❁ Incubation period (from the day a person get the virus until symptoms occur) of influenza is 1-3 days.







Symptoms include fever, chills, headache, body aches, fatigues, cough, sore throat, and in some patients, nausea, vomiting and diarrhea.



Mostly, flu illness is mild and do not require any hospitalization. However, some ill individuals might have severe disease especially pneumonia.

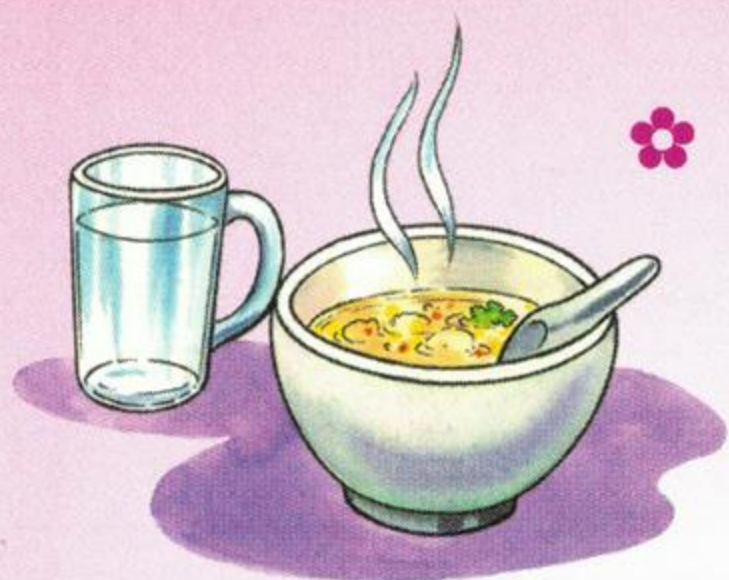


# *What to do* *if you get influenza*



- ❁ Take medicines for relief of symptoms such as paracetamol. Wiping skin gently with water soaked towel can help relieve fever too.





❁ Drink plenty of clean water and fruit juice. Avoid drinking cold water.

- ❁ Try to eat enough soft nutritious food.
- ❁ Take enough sleep and rest.
- ❁ You will gradually recover within 5-7 days.

*However, if your illness becomes worse, i.e., fever last for more than 2 days, or you have rapid and trouble breathing, you should seek medical care at a hospital immediately.*



*Have a pleasant stay*  
**in THAILAND!**





***For further information contact :***

- **The Ministry of Public Health**

Call Center 24 hours at **1422**

- **The Department of Disease Control**

Call Center 24 hours

at Tel. **02 590 3333**

***More information is available at :***

- MOPH web site : [www.moph.go.th](http://www.moph.go.th)

- DDC web site : [www.ddc.moph.go.th](http://www.ddc.moph.go.th)



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