

REPORT DISEASE AND HEALTH HAZARD NEWS OF INTEREST ALONG THE BORDER

November 17 - 23, 2022

WEEKLY EVENTS

- On November 22-23, 2022, the Office of International Cooperation, Department of Disease Control, held a capacity development workshop in Chiang Mai for multisectoral cooperation in preparing, preventing and responding to public health emergencies at border areas for the 2023 year. The objective was to create a multi-sectoral network to respond to public health emergencies along the borders of Thailand, Myanmar, Cambodia and the Lao People's Democratic Republic. Participants joined from six provinces (Mae Hong Son, Nan, Ranong, Ubon Ratchathani and Nong Khai). Representatives from the Ministry of Defense, Ministry of Interior, National Police Agency, Ministry of Labor and non-governmental organizations participated. This meeting acknowledged the roles of various agencies related to public health and border health, including the exchange of ideas. The meeting also acknowledged various limitations, in the hopes that the future cooperation from provincial partners, networks and partners from other agencies will work together to overcome them.

PM2.5 IS A DANGER THAT SHOULD NOT BE OVERLOOKED

Winter is a time when the region faces a major problem with PM2.5 particles. The weather conditions in winter are often more stagnant compared to other seasons which is conducive to the particles remaining in the air. Air pollution is not a recent problem and it is not a problem that will go away easily. Many people mistakenly underestimate the effects of PM2.5 because they have not experienced any symptoms. However, the effects are not acute. The long-term effects of PM2.5 are more serious than many people think. PM2.5 particles are very small, allowing them to enter deep into the respiratory tract. The particles can invade the lungs alveoli (air sacs) where the respiratory system meets the circulatory system. This can result in abnormalities of various systems in the body, including the respiratory system, the cardiovascular system, and the nervous system and can cause many dangerous diseases such as lung cancer, heart disease, stroke. These may eventually lead to death. If people have shortness of breath, extreme eye irritation, skin rashes, or runny nose for more than one week or if they have a cough and sneezing for more than two weeks, they should see a doctor. Extra caution should be taken with children, the elderly, pregnant women, people with congenital disease, and people who work or do activities in the open air. Currently, Thailand set the value that PM2.5 should not exceed at 50 micrograms per cubic meter over 24 hours. The air quality is monitored continuously and the information can be obtained from many channels to communicate the daily health risk to limit exposure to PM2.5.



RECOMMENDATIONS FOR OFFICIALS

Public health officials and local organizations should publicize the dangers of PM2.5, the symptoms that should be observed, and channels to monitor the air quality. There should be an announcement in the community during periods of unusually high levels of PM2.5. The recommendations from the Department of Health, Ministry of Public Health are in the "People's Guide, how to monitor PM2.5 safely," and describe how the public can prevent the negative health effects from air pollution, especially when PM2.5 levels are high.

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INFORMATION COLLECTED AND ANALYZED BY

Multisectoral Capacity Development Program for Public Health Emergency Detection and Response in Border Areas

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Sources

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