



Recommendations for People who live In Condo or Apartment

1. Coronavirus Disease 2019 (COVID-19)

1.1 What is a coronavirus?

Coronaviruses are a large family of viruses that can cause respiratory disease in humans. Human coronaviruses generally cause mild illness such as the common cold. Some strains can cause pneumonia, such as severe acute respiratory syndrome (SARS), and Middle East Respiratory Syndrome (MERS) which has been reported since September 2012.

1.2 What is coronavirus disease 2019?

The COVID-19 is a new strain of coronavirus that has not been previously identified in humans. It was first detected in Wuhan City, Hubei Province, China at the end of 2019.

2. Transmission and Symptoms of COVID-19

2.1 Can a human get infected with COVID-19?

As of January 29, 2020, 6,066 confirmed cases and 132 confirmed deaths were reported throughout the world. The COVID-19 is likely to be spread from person to person via droplets when coughing and sneezing. Therefore, avoiding close contact with people showing symptoms of respiratory illness and avoiding the sharing of items such as glasses and towels are recommended to reduce the risk of spreading the novel coronavirus.

2.2 What are the symptoms of the COVID-19?

Most patients with suspected novel coronavirus infection have had fever and common symptoms of other respiratory infections such as coughing, runny nose, sneezing, and difficulty breathing. Most of the confirmed cases have had travel history to Wuhan City, Hubei Province, China or affected areas within the 14 days before the onset of illness.

3. Recommendation for people who live in condo or apartment

3.1 Display information to alert staff, residents, and visitors regarding the COVID-19 situation and corresponding preventive measures. The information has been produced by the Department of Disease Control in three languages including Thai, Chinese, English (if you would like to request the preventive measures sheet, please contact the DDC hotline 1422 or download the materials from the DDC website: <https://ddc.moph.go.th/viralpneumonia/introduction.php>)

3.2 Inform the full-time staff of the residences, residents in every room, and close contacts or visitors who share the same rooms with residents that if they have symptoms such as fever, cough, sore throat, runny nose, they should wear a mask and frequently wash hands as recommended. If anyone with symptoms has recent travel history abroad within 14 days, notify the medical providers of their travel history.

3.3. Provide available automatic alcohol hand sanitizer dispensers especially in areas that have a lot of shared contact such as lobbies, restaurants, fitness centers, exit doors, and elevators for staff and residents, which can mitigate the risk of transmission among people.

3.4. Keep equipment clean, especially areas frequently touched by people, i.e. elevators, elevator buttons, telephones, handrails, door knobs, keycard scanners for apartment entry

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access, common toilets, exercise machines, and reception counters. Detergent and 70% alcohol solutions are recommended during the cleaning process.

3.5 Handheld thermometers are recommended to be installed at the reception counters of apartments in order to check the body temperature of residents.

3.6 Surgical masks should be sold or provided for residents at apartments.

3.7 Notify the cleaning staff of the risk of contracting the infection by emphasizing the importance of self-protection such as wearing a mask, windproof glasses and long rubber gloves while working.

3.8 Raise awareness among employees to keep their hands clean with soap and water or alcohol gel, avoid touching their eyes, nose, and mouth if not necessary, always keep their body warm and get enough sleep.

3.9 If there are more than two employees sick with pneumonia within one week, notify them to seek a medical doctor immediately.

At this time, there is no announcement of travel restrictions to China and other affected countries. To prevent infection, please comply with the recommendations as follows:

1) While travelling outbound, avoid attending crowded places or polluted areas, and stay away from people who are coughing and sneezing. Wear hygienic masks if you cannot avoid visiting crowded areas.

2) Avoid visiting live-animal markets and avoid exposure to and close contact with animals, especially sick or dead animals, and avoid consuming uncooked meat.

3) Frequently wash hands with water and soap or alcohol gel and avoid touching your eyes, nose, and mouth if not necessary

4) Do not use personal items with other people (such as handkerchiefs, glasses and towels) because the virus that causes respiratory system diseases can spread to the body through contact via direct fluid transfer from people who are infected.

5) Keep your body warm and get enough sleep

6) Within 14 days after traveling back to Thailand, if you have a fever or respiratory system symptoms such as cough, sore throat, runny nose or difficulty breathing, you should wear a hygienic mask and seek a medical practitioner or public health officer immediately and inform them of your travel history, because the symptoms may lead to pneumonia complications, severe disease, or even death.