Recommendation in travelers who return from the affected areas

Department of Disease Control, Ministry of Public Health
25 February 2020

Recommendation for Travelers

Currently, the World Health Organization (WHO) has not recommended any restrictions on travel. However, people who want to travel should check the COVID-19 outbreak situation before traveling to their destinations to plan, postpone, or cancel the trip to affected areas.

People who return from areas with ongoing local transmission should monitor their symptoms. If you have fever with respiratory symptoms such as cough, sore throat or runny nose, you are requested to seek medical attention at the hospital and provide travel history to healthcare workers immediately.

Before traveling

1. Keep monitoring the status of ongoing local transmission for the destination country and administrative region listed via DDC website: https://ddc.moph.go.th/viral pneumonia/intro.php
2. Cancel or postpone trips to affected areas if the trip is unnecessary
3. If the trip is unavoidable, travel health insurance should be purchased and active before traveling
4. Check the screening protocol and control measures that are being implemented in the country of final destination to respond to COVID-19 among arrival passengers and passengers traveling from Thailand at the link http://www.iatatravelcentre.com/international-travel-document-news/1580226297.html

While traveling

1. Travelers need to prepare and be ready to protect themselves, especially travelers with chronic diseases who need to provide particular precautions and strictly follow recommendations from the country of destination
2. Maintain good personal hygiene such as frequently washing hands with water and soap, bringing personal alcohol gel and wearing a mask.
3. Avoid visiting public or crowded places and do not make contact with patients who have respiratory diseases or people who cough or sneeze.
4. During the trip, if anyone develops symptoms including fever, coughing, sore throat or runny nose, please seek medical treatment at a health care provider immediately. If anyone is negative for the virus that causes COVID-19, after diagnosis it is recommended to ask the doctor for a medical certification.
5. When traveling back to Thailand, if someone has symptoms, before boarding the airplane, they must give prior notice to the staff of the airlines. They will be evaluated for the risk of spreading infection. If you have a fever, coughing, sneezing or runny nose but do not have a medical certificate, the airlines may deny you entry to the airplane.

Recommendation in travelers who return from the affected areas

<u>After traveling back to Thailand</u>

1. People should cooperate to follow the steps of travel screening and the disease prevention and control measures of the Ministry of Public Health. If you have symptoms, you should inform the officer responsible for screening at the international communicable diseases control checkpoint immediately.
2. Stay home for self-monitoring by taking your temperature daily for 14 days, avoid unnecessary or non-essential large-scale public gatherings, avoid sharing items for personal use such as drinking glasses, towels, eating utensils and keep at least 1 meter away from others for social distancing practices.
3. Avoid events of mass gatherings, refrain from attending meetings and avoid visiting crowded places such as markets, and shopping malls. Please remain inside your homes.
4. If you develop a fever, cough, sneezing, runny nose, or sore throat within 14 days after returning from affected areas, wear a face mask. If you have shortness of breath or any difficulty breathing, see a doctor immediately and notify them of your travel history.
5. If your symptoms worsen after receiving care from a medical doctor and after receiving negative laboratory results for the virus causing COVID-19, you need to visit the doctor again. There is a possibility that the first specimen for the laboratory test might have been collected during an early stage of the pathogenic mechanism of viral infection. This means that the laboratory test might not have been able to detect the pathogen at that time.