

Recommendations for Self-Protection

1. Novel coronavirus 2019 (2019 n-CoV)

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 2019 novel coronavirus?

The 2019-nCoV 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 2019-nCoV

2.1 Can a human get infected with 2019-nCoV?

As of January 29, 2020, 6,066 confirmed cases and 132 confirmed deaths were reported throughout the world. The 2019-nCoV 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 2019 novel coronavirus?

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. Recommendations for Self-Protection

3.1 If you have symptoms

Within 14 days after returning from a 2019-nCoV affected area, such as Wuhan, Hubei, China, if you have a fever with respiratory symptoms such as cough, sore throat, runny nose, or difficulty breathing, seek medical attention and notify the medical providers of your travel history, symptoms, and onset date of symptoms. The date of arrival in Thailand and accommodation location are also requested. Medical doctors will give you the appropriate diagnosis and treatment. After that, the doctor will notice the Public Health Office in the area or province and the Department of Disease Control, Ministry of Public Health for standard disease control protocol.

3.2 Hand Washing

General hand-washing - for removing dirt, sweat, and fatty fluids and to reduce the germs temporarily living on hands by washing hands with soap or liquid soap for around 15 seconds.

Alcohol Gel Hand Cleaning - If in an urgent case when it is inconvenient to use soap or liquid soap, and the hands are not contaminated with dirt or patient secretions, you can clean your hands with alcohol gel. Use 10 ml of alcohol gel for around 15-25 seconds (there is no need to wash hands repeatedly or to wipe your hands with a hand towel)

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3.3 Wearing a Mask

The correct way to wear a surgical mask or mask is as follows:

- Always wearing the colored side of the mask away from you, while the white side touches your face.
- Hold the mask by the ear loops. Place a loop around each ear.
- Mold or pinch the stiff edge to the shape of your nose.
- Pull the bottom of the mask over your mouth and chin.

To protect yourself from respiratory pathogens, you should change the mask once per day and throw the mask in the trash. Clean your hands with soap and water or hand sanitizer.

3.4 When You Need to Cough and Sneeze.

- Cover your mouth and nose every time you cough or sneeze. Use a disposable tissue to cover your mouth and nose if possible.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Wash your hands with soap and water or alcohol gel after coughing or sneezing for personal hygiene