



This leaflet is relevant **ONLY** to Thailand. If you live elsewhere, check local government guidelines.



There is lots of information on the internet about the new coronavirus or COVID-19 going around and its important that we check if its true or not.

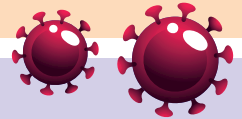
Only trust official sources of information: www.ddc.moph.go.th

COVID-19 KEY FACTS

1. Follow official government advice: try to stay at home and away from crowded areas, wash hands regularly.
2. If you do need to go shopping for food/medicine try to wear a mask and keep a minimum of 2 metres away from people.
3. Thai government hospitals are providing **free tests** for **high risk people**. Call or check your government hospital website for eligibility.
4. When reading news or information online, stop and think – could this be fake? If you're not sure, don't share it!

IF YOU'RE NOT SURE, DON'T SHARE IT!

- Stop and think if the news is true or fake?
- Check where you found the story, is it a reliable source such as the World Health Organization or the government?
- Check each fact individually.
- If you're not sure, don't share it.



DOES COVID-19 DIE IN THE SUN? **NO!**



COVID-19 **WILL NOT** die in high temperatures of 25 °C +. You can catch COVID-19 even if it is sunny or hot.



Leaving clothes or face masks out in the sun **WILL NOT** kill the virus. Clothes should be washed with **soap** and **hot water** - 60 °C+. Single-use masks should be used **only once!**

DOES HEALTHY FOOD AND DRINK KILL THE VIRUS? **NO!**



Drinking a mixture of salt, ginger, and lime juice **CANNOT** stop you catching COVID-19. It does not help!



Eating spicy foods, lots of garlic or special herbs will **NOT** stop you getting the virus. It does not help!



Drinking alcohol **DOES NOT** protect you from the virus and excessive alcohol consumption suppresses the immune system, making you **MORE** vulnerable to the virus.

GENERAL TIPS TO REMEMBER:



The most common symptoms of COVID-19 are a dry cough, fever of over 37.5 °C, difficulty breathing, loss of smell/taste and tiredness.



People of all ages can be infected by COVID-19 and all of us should take steps to protect themselves. Old people and those with underlying health conditions, however, are more likely to get seriously ill from the virus.



COVID-19 **CANNOT** be transmitted through mosquito bites. The virus is spread through droplets from coughs, sneezes, or saliva of infected people.



Wear a mask outside if you can. If you don't have access to N-95 or surgical masks use fabric masks such as muslin cotton.



Washing your hands regularly for 20 seconds with soap and water or alcohol based gel (at least 70% alcohol content approved by FDA) is the best way to stop infection.



Holding your breath for 10 seconds or more without coughing **IS NOT** a test to see if you are free of the virus.



AVOID buying alcohol gels that contain methanol/methyl alcohol/have orange hazard symbols on the bottle — this alcohol is toxic to humans.



Taking antibiotics WILL NOT stop you from getting infected and will not kill the virus. Antibiotics only work against bacteria.

What to do if you think you have COVID-19 or have come in contact with someone who might have it?

If you or your family have any COVID-19 symptoms you should self-isolate for 48 hours and monitor symptoms. If they persist after 48 hours visit your closest public hospital. The doctor may refer you for a test and treatment - this may be free. You should tell your employer so they are aware.



If you come in contact with anyone with symptoms, tell your employer, self-isolate for 14 days and check your symptoms. (for more info of high-risk persons see Dept of Disease Control website). Visit your nearest Thai public hospital if you start having symptoms.

If you are unsure about your symptoms or what to do, call 1422 (Dept of Disease Control hotline) and follow their advice.

We have only collected the above information from trusted sources including from the World Health Organisation and Dept of Disease Control website.

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In collaboration with:



Covid Relief