

Instructions for observation at residence

ศูนย์ปฏิบัติการ
ภาวะฉุกเฉิน

สายด่วน
กรมควบคุมโรค
1422



กรมควบคุมโรค
Department of Disease Control



Stop

classes, working
or other outside
activities



Close

mouth and nose
with tissue paper
regularly when
sneezing or coughing



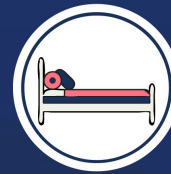
Do not

share your personal
belongings and
separate them
from others



Wear

hygiene or face
mask and maintain
a distance of more
than 1 meter



Separate

bedrooms



Clean

clothes and other
items frequently



Wash

your hands
frequently with
soap and water



Throw

your mask and
used tissue paper
correctly in a plastic
bag and tie tightly.

Make sure to clean your
hands immediately after.

* For emergency cases, you must receive permission from an officer before leaving

Monitor your symptoms

- Check your body temperature every day
- Observe your fever 37.5°C and respiratory symptoms (cough, sore throat, shortness of breath)
- Record your health status every day in the report system
- If you have a fever accompanied by at least one of the symptoms,
you are to inform of disease control officer immediately

