

Coronavirus disease (COVID-19)

1) Instruction

Recommendations for high-risk exposure from corona virus 2019 infection and to observe symptoms at home (Home Quarantine)
Reference from Department of Disease Control and Ministry of Public Health

For high-risk exposure persons as follows:

- The exposed person should stop studying, stop work and stay at home until after 14 days of exposure
- The exposed person should sleep in a separate room and not leave the house. Do not travel to any community or public areas
- Eat food separately from the others.
- Do not share personal items such as handkerchiefs, towels, glasses, drinking straws with others.
- If having cough symptoms
 - Wear a mask or
 - Cover the nose with tissue paper every time the sneezing cough, close the chin and then throw the tissue into a plastic bag and close the bag tightly before discarding or
 - Use the sleeves to cover the mouth of the nose when coughing or sneezing

- Clean hands with alcohol gel Or water and soap immediately
- When staying with other people must wear a mask. And about 1-2 meters away from other people in the house or at least about an arm span
- Avoid being close to other people in the shelter. Especially the elderly Patients of various chronic diseases
- Everyone in the home should wash their hands as often as possible. To reduce the risk and spread of infection
- Clean the clothes, bed linen, towels, etc. with ordinary soap or detergent and hot water at a water temperature of 60 – 90 C
- Keep an eye on illnesses of close contacts or home members. Within 14 days after contact with the infected patient by measuring fever and reporting symptoms to the infectious disease investigation team daily

Note: In the case of a contact with a sick family member and the nursing mother is in contact, she can still breast-feed because the amount of virus that passes through breast milk is minimal. But the mother breast feeding should wear a mask and wash hands every time before touching the baby or breastfeeding.



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The hospital / Infectious disease investigation team will closely monitor your symptoms If you are sick or have any questions please feel free to call or enquire at **02-022-0700**

2) Reference

- Department of Disease, Contral Ministry of Public Health

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<https://ddc.moph.go.th/viral-pneumonia-guidelines.php>