

**Ministry of Public Health**  
**Public Health Advice No. 3**  
**Subject: Outbreaks of Influenza A(H1N1)**

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As the World Health Organization has renamed the new strain of influenza rapidly spreading in many regions of the world at present “*influenza A(H1N1)*”, the Ministry of Public Health – to be in line with such renaming as well as to facilitate better public understanding about the disease – announces that “**the influenza spreading in Mexico**” has been renamed (in Thai) “**New strain influenza A(H1N1)**” or, in brief, “**New strain influenza 2009**”, and the pandemic situation is brought up to date as follows:

**Situation update**

According to the World Health Organization’s most recent report on the pandemic, as of 5 May 2009, there were 1490 laboratory-confirmed human cases of influenza A(H1N1) from 21 countries which include Mexico (822 ; 29 deaths), the United States (403; 1 death), Austria (1), Canada (140), China, Hong Kong Special Administrative Region (1), Colombia (1), Costa Rica (1) Denmark (1), El Salvador (2), France (4), Germany (9), Ireland (1), Israel (4), Italy (5), Netherlands (1), New Zealand (6), Portugal (1), Republic of Korea (2), Spain (57), Switzerland (1), and the United Kingdom (27). In Thailand, no cases of this illness have been reported.

More cases of influenza A(H1N1) in many countries have constantly been reported so far. Additional to the Public Health Advice No. 2, the Ministry of Public Health has issued additional advice for travellers departing for and arriving from the countries where confirmed cases of influenza A (H1N1) have been reported as follows:

**Advice for travellers departing for the countries with on-going outbreaks of influenza A(H1N1)**

**Before travel**

- Pay close attention to the pandemic situation of influenza A(H1N1) in order to be informed about the areas where the outbreak has been detected (the daily situation update is available on the Ministry of Public Health’s website: [www.moph.go.th](http://www.moph.go.th)).
- Practise as advised by health authority of the country that one is visiting in order to prevent the disease.
- Carry some masks, alcohol gel for hand-cleaning, antipyretic, and medicines for personal use.
- Search in advance for the information about health service in the city that one is going to visit, in case it is necessary for one to request medical treatment.
- Take out insurance against illness with international protection before travelling abroad.
- Presently, there is no evidence that seasonal influenza vaccine can prevent influenza A(H1N1). If anybody, however, wants to be immunized with a seasonal influenza vaccine, he is advised to be vaccinated at least two weeks before travel in order to have adequate immunity during the trip.
- The general public are then advised not to take antiviral drug for disease prevention, or carry some while travelling abroad. The drugs are categorized specially controlled drug and must be prescribed only by a physician. Additionally, the medicine will

probably cause some side effects like nausea, vomiting, dizziness, headache, or even, in some cases, hallucination.

- If one has symptoms of influenza-like illness such as fever, cough, runny nose, severe muscular pains, etc., one is advised to wear a mask and immediately go to see a physician for proper treatment.

### **While travel**

- Spare additional time at the airport since screening of passengers for illness in various countries will take certain time and; this may cause delay in travelling.
- While staying in a foreign country, one should pay close attention to the epidemic situation in the country of destination.
- Practise strictly as advised by local health authorities.
- Whenever coughing or sneezing, one is advised to cover one's mouth and nose with tissue paper and dispose of it in a garbage bin. If tissue paper is not available, one may cough into one's sleeve to reduce the spread of the virus.
- Wash one's hands with water and soap frequently or rub them with alcohol gel, particularly after coughing or sneezing.
- Avoid rubbing one's eyes, picking one's nose, or even prodding at one's mouth with fingers in order to decrease the possibility of infection.
- Avoid being in close contact with patients or persons with coughs.
- In case one has fever with other influenza-like symptoms such as cough, sore throat, etc., or has been in contact with an influenza or acute respiratory patient within the past seven days, one is advised to see a doctor immediately.

### **Advice for travellers arriving from the countries with on-going outbreaks of influenza A (H1N1)**

- If a passenger has fever while on board, he/she is advised to notify airline staff or flight attendants so that he/she will be properly taken care of by the airline, and other passengers at the airport as well as on board will be protected.
- Thailand is screening airline passengers for influenza A(H1N1) with thermo scanners on arrival at all international airports. In case a passenger with fever is detected, he/she will be examined and taken care of by a physician at check-points according to protocol given by the Ministry of Public Health.
- Passengers who do not have fever and do not fall ill are advised avoid social activities and observe their own symptoms for seven days after arrival.
- In case a passenger has fever together with any of the following symptoms: cough, sore throat, vomiting and diarrhoea, he/she should avoid close contact with other people, wear a face mask or cover his/her nose with tissue paper when coughing, and frequently wash his/her hands with water and soap or rub them with alcohol gel. The passenger is strongly advised to see a doctor, showing the health beware card given by quarantine authorities at the airport.
- If the passenger is not hospitalized, he/she is advised to suspend work or classes, stay at his/her residence, and observe his/her own symptoms within seven days after arrival from a foreign country.
- Also, the passenger is advised to cover his/her mouth and nose with tissue paper when coughing or sneezing and dispose of the paper into a garbage bin as well as wash his/her hands with water and soap or rub them with alcohol gel.

For more information, please visit the Ministry of Public Health's website: [www.moph.go.th](http://www.moph.go.th), and for questions, call the Department of Disease Control's Operations Centre at 0 2590 333 or the National Institute of Medical Emergency System at 1669 around the clock.

Ministry of Public Health, Thailand  
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