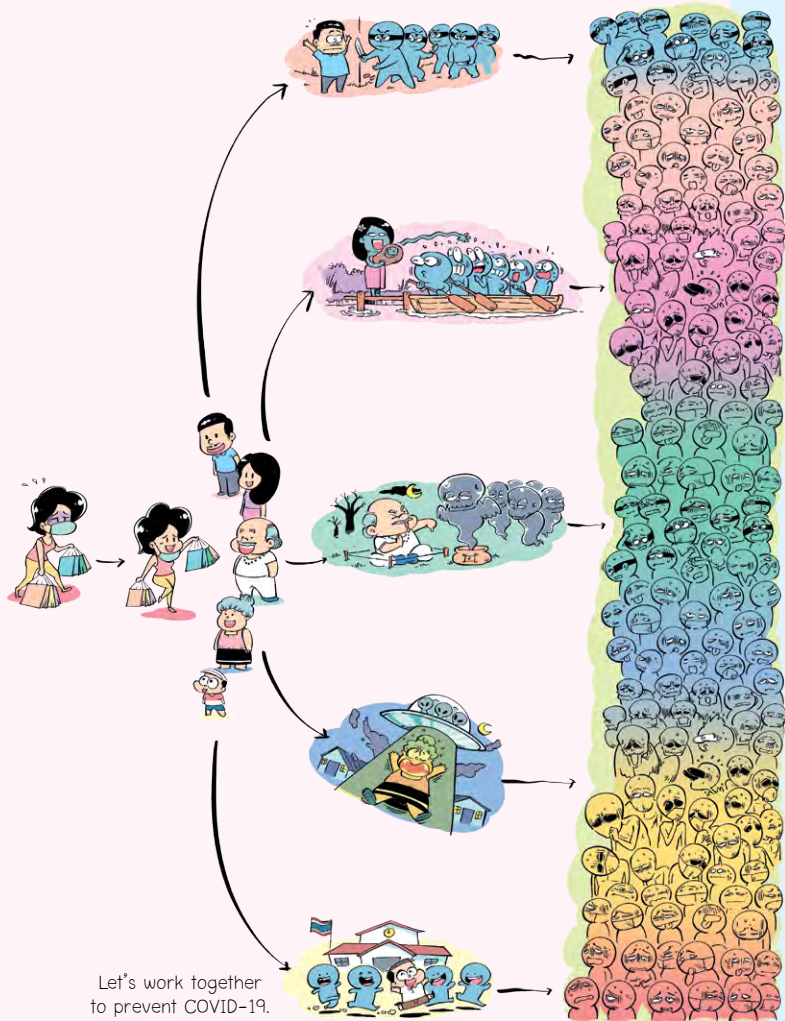
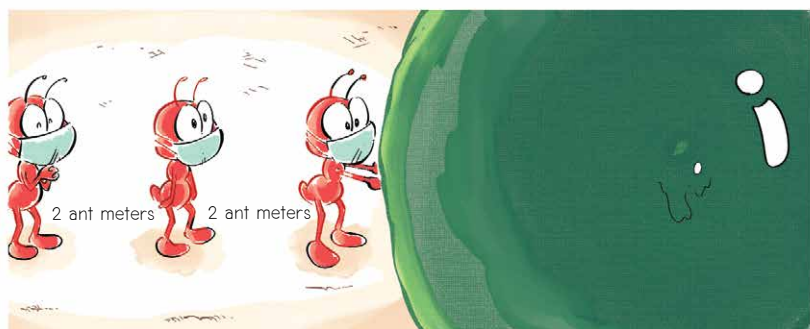
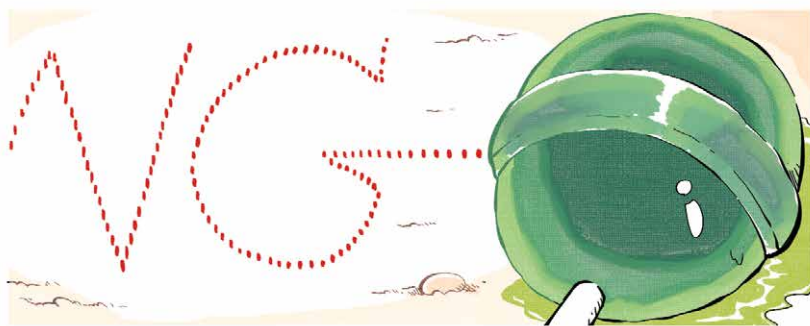


**PRACTICAL KNOWLEDGE TO KEEP UP WITH COVID**  
**WE WILL GET THROUGH THIS CRISIS TOGETHER**

All these incidents can happen within 1 week.





If you don't want to spread COVID-19 unintentionally,  
keep a safe space between yourself and others.



## **A Message from the Minister**

“Laughter is the best medicine.” When faced with stressful situations during the outbreak of the coronavirus disease 2019 (COVID-19), it can be difficult to laugh or have a sense of humor. But do believe that laughter is beneficial to our health in various ways, including stimulating the cardiovascular system and strengthening the immune system.

Positive thinking and optimism can be practiced by anyone as a mental remedy. The government has taken steps to provide assistance by urging every ministry to expedite their support programs to the people affected by the outbreak of COVID-19 to alleviate economic, health and social impacts.

The Ministry of Social Development and Human Security (MSDHS) is the main social organization playing a role in promoting quality of life and helping people, to ensure security and stability. Due to the current situation, MSDHS has established measures and guidelines to remedy and mitigate the hardship in vulnerable groups. The ministry has received cooperation from the public and private sectors to provide social protection and reduce the risk of transmission of COVID-19. There is also need to reach vulnerable population groups that have limited access to resources via media such as online media, television or newspaper etc.



As the main social organization, MSDHS, together with the United Nations (UN) and the World Health Organization (WHO), the Ministry of Public Health, Dr. Issara Sereewatthanawut, and Bunlue Group on behalf of Kai Hua Ror has created KnowCOVID, a cartoon-style knowledge booklet, to disseminate information as well as establish an understanding of COVID-19 infection; self-care practices and how to keep loved ones safe from infection; and how to not become a carrier of the coronavirus disease. Thai society has lasted for over 700 years and remained a nation because “Thai people do not forsake one another.” We always help one another.

It is our great hope that this cartoon-style knowledge booklet KnowCOVID will benefit target audiences of all age groups and those who are interested.

A handwritten signature in black ink, appearing to read 'Juti Krairerk'.

(Mr. Juti Krairerk)

Minister of Social Development  
and Human Security



**World Health  
Organization**

**Thailand**

## **A Message from the World Health Organization**

This special COVID-19 issue of Kai Hua Ror is published as part of WHO's support to and collaboration with all communities in navigating the “new normal” of life with the COVID-19 virus.

The new normal is about providing all people living in Thailand with the information that can help them and protect themselves and those around them from COVID-19. In protecting ourselves, we protect our communities and our societies.

This special COVID-19 edition outlines the basic measures that all people can take to reduce their chances of infection – regular hand washing, practicing respiratory etiquette, avoiding contact between hands and face and physical distancing – trying always to keep 1-2 metres distance from those around you. These measures are basic – and they work.

It also addresses important issues that have been exacerbated by the emergence of COVID-19. These include stigmatization and surging rates of domestic violence. We must combat these tendencies as vigorously as we combat the virus.

While the Royal Thai Government's comprehensive response has, to date, succeeded in limiting numbers of COVID-19 cases and Thailand's response has been commendable; we cannot afford to be complacent. COVID-19 is still very much with us.

This special COVID-19 edition was made possible through the collaboration with these partners: The Social Development and Human Security Ministry; “KnowCOVID” group by Dr. Issara Sereewatthanawut; the Kai Hua Ror team; and other organizations who contributed their expertise to the development of this special edition.

The future course of this epidemic is in our hands.

Dr. Daniel Kertesz,

World Health Organization, Representative to Thailand



## Editorial

Dear Readers,

As Thai society is suffering from the COVID-19 disease, I, myself, in addition to fulfilling my work commitments, have started several initiatives to provide support and alleviate hardship to address issues. All of which paves the way to various projects, such as MiniMask – an effort to provide fabric masks for children and novice monks; GoCOVID – a program that shows the locations of COVID-19 testing units; and “I’m Corona” – a children’s book project.

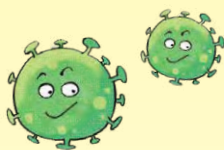
“KnowCOVID” is another project that I can introduce novel ways to promote understanding of COVID-19 to everyone. This comic book elaborates on topics that are discussed and shared through various media in a way that is easy to digest and inviting to read. I hope everyone gets to read this comic book and pass it on to people they know.

This project is courtesy of the Ministry of Social Development and Human Security and has received content contributions from the United Nations (UN), the World Health Organization (WHO), and the Ministry of Public Health. “Kai Hua Ror” has helped to create the interesting stories in this comic book. I would like to thank all five organizations who have contributed to make this project happen as planned.

Finally, I believe “this too, shall pass” I wish everyone mental strength and together we will surely go through this crisis.

Best wishes

Dr. Issara Sereewatthanawut  
Initiator of KnowCOVID



## **KnowCOVID**

First Printing: May 2020

English Edition: March 2021

Free Not For Sale

### **Commissioned by**

The Government via the Ministry of Social Development  
and Human Security and the World Health Organization (Thailand)  
Information contributed by the Ministry of Public Health

### **Editor**

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Arthit Thammachart

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Urgent guidelines included. Should there be additional  
information in the future, this document will be revised.

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Smoking increases risks of COVID-19 infection,  
so quit smoking and give your lungs another chance.

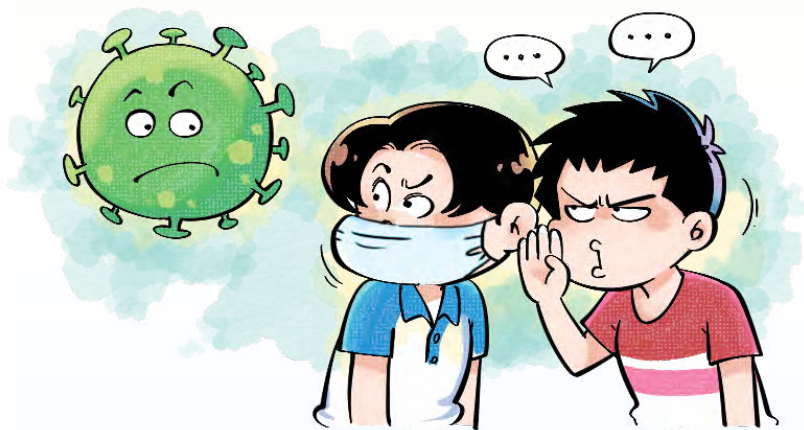




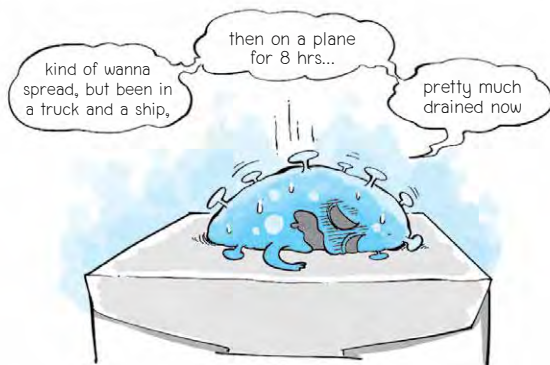
- Source : World Health Organization (WHO) Thailand
- Comic Artist : Hehaji



## Myths about **COVID-19**



## 1 Can COVID-19 be transmitted through goods produced in countries where there is ongoing transmission?



Although the virus can last on surfaces for many hours, the environment, transportation and varying temperatures during shipment make it difficult for the virus to remain active. If you feel the surface may be contaminated, clean it with disinfectant and wash your hands after touching it.

## 2 Can COVID-19 be transmitted through mosquitoes?

There is no evidence that the novel coronavirus can be transmitted through mosquitoes. The virus can be spread through droplets from coughing, sneezing or a person's saliva.



3

**How can we be sure that our clothes don't spread coronavirus 2019?**



Besides showering every day, you should wash your clothes using detergent or soap in 60-90°C water or add bleach. Dry the clothes in a high temperature dryer or in the sun.

4

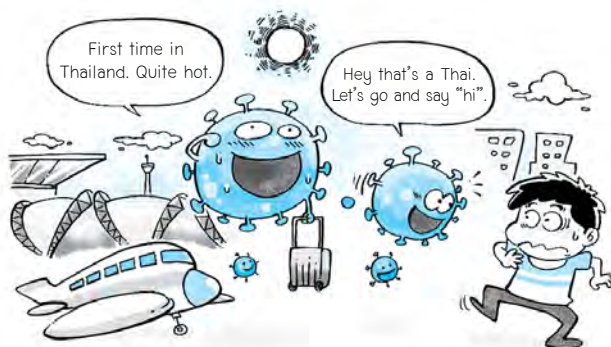
**Can drinking alcohol help prevent COVID-19?**



Drinking alcohol, such as beer, liquor, or wine doesn't help prevent coronavirus. You should wash your hands often, wear a mask, and avoid being close to those with a fever and cough.

5

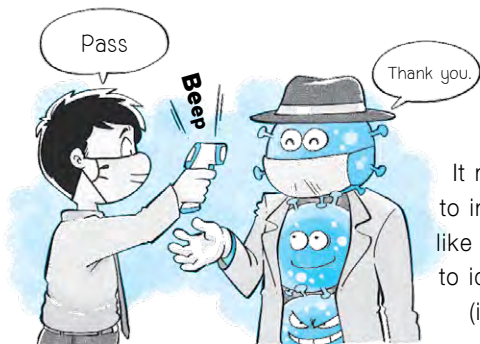
**Is it true that COVID-19 is transmitted in cold climate and not in hot and humid climate?**



Coronavirus 2019 can be transmitted in any kind of climate. Wherever you are, no matter what kind of climate, you have to practice personal hygiene, i.e. wash your hands often, cover your mouth when you sneeze or cough, and wear a mask.

6

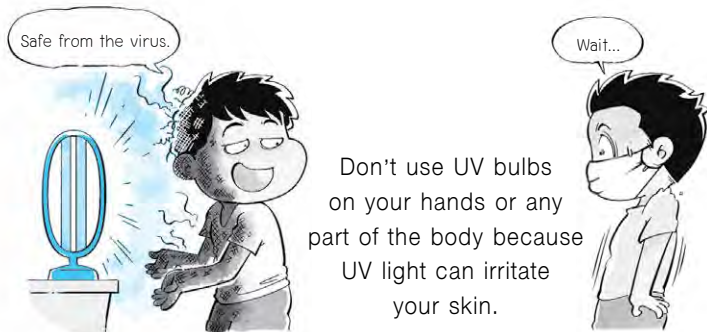
**Can digital thermometers be 100% effective in detecting COVID-19 patients?**



It may take the virus 1-14 days to incubate and cause symptoms like a fever, but it cannot be used to identify asymptomatic patients. (ie those without symptoms)

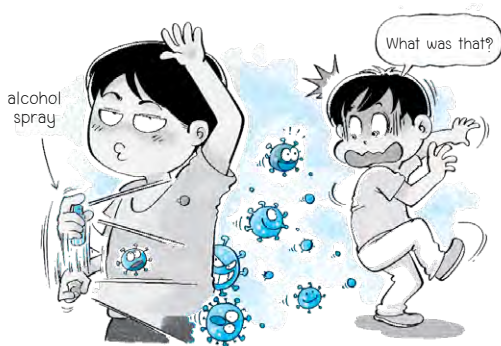
7

**Can UV bulbs used for disinfecting be used to kill COVID-19 on our body?**



8

**Can spraying alcohol or chlorine on your body kill the virus inside?**



Besides not being able to kill the virus inside your body, it could damage clothes and your eyes and lips.

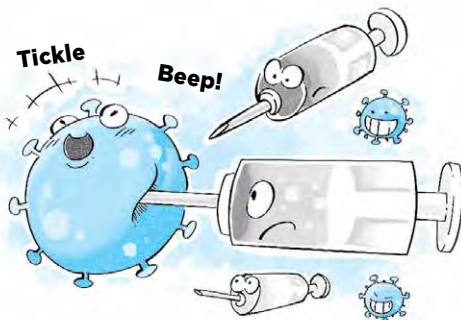


## 9 Can eating garlic prevent COVID-19?



Though garlic has some anti-microbial properties, there is no evidence that it can prevent COVID-19.

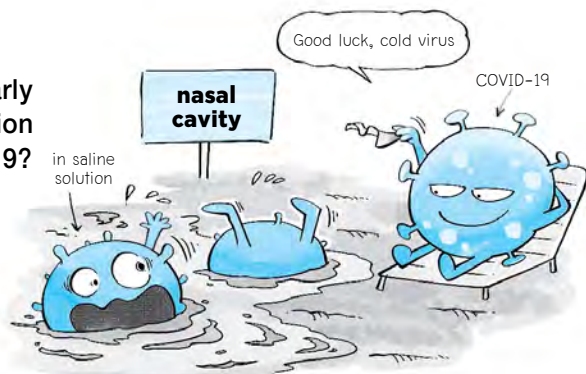
## 10 Can Pneumonia vaccine prevent COVID-19?



This virus is new and different from other viruses. We need a vaccine that is developed specifically for this virus. The research team is working on this through the support of the WHO.

11

**Can rinsing  
your nose regularly  
with saline solution  
prevent COVID-19?**

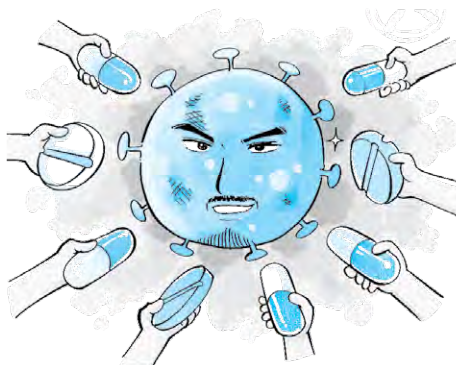


Evidence has indicated that rinsing your nose with saline solution can help us recover faster from the common cold, but cannot prevent infectious respiratory diseases or COVID-19.

12

**Is there any drug that can prevent  
and treat COVID-19?**

At present,  
there is no drug that  
can prevent and treat the  
disease. Patients should  
receive proper and supportive  
care to alleviate the symptoms.  
WHO is accelerating research  
with all the partners to actively  
study the treatment for  
the disease.



We shouldn't use alcohol to manage anxiety during the pandemic.

Then use water instead.

Keep standing like that until you calm down.  
If you drop them, you will be in trouble.



Don't you know what "Working from home" is?



● Compiled by : Kai Hua Ror Studio

● Comic Artist : Fen Studio

# Where Can COVID-19 Be Found?



Look through these magic glasses.



It's in mucus. If your hand touches mucus, the virus can be passed onto your hand.



Droplets in saliva, cough, and sneeze can also carry the virus.



Hands of an infected person may be contaminated with the virus.



After touching a bus handrail and an elevator button, avoid touching your eyes, nose, and mouth. Wash your hands every time after touching these surfaces.



After touching a handrail and door handle, avoid touching your eyes, nose, and mouth. Wash your hands every time after touching these surfaces.

Eat freshly-cooked food, use your own spoon, or preferably order an à la carte meal just for yourself.



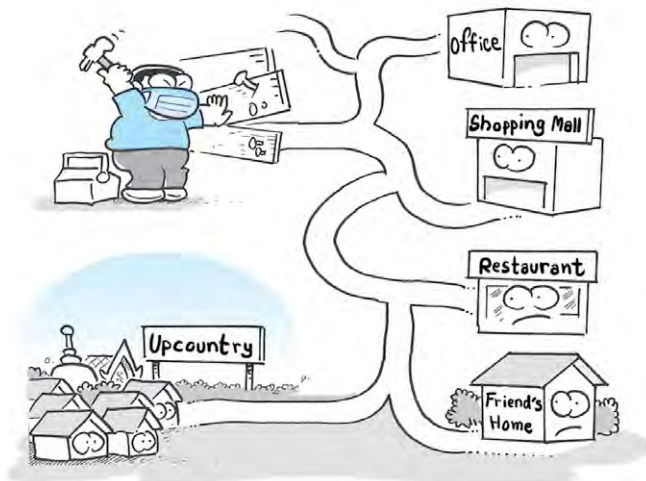


- Compiled by : Kai Hua Ror Studio
- Comic Artist : Tai Kai Hua Ror

# Prevention and Reduction of COVID-19 Transmission



**Avoid going to public places.**  
**Stay home and stop the spread for the sake of our nation.**



**Wash your hands frequently.**



**Don't touch your eyes, mouth, and nose.**



**Keep at least a 1-meter physical distance.**



Eat freshly-cooked food, use my own spoon,  
don't share personal items.



### How to discard your mask



Find something to do so you don't get bored.



You can also work from home





Cover your nose with tissue or your flexed elbow  
when coughing and sneezing.



Same thing: don't forget ➡

*\*Wearing a mask cannot replace proper hand washing*

If you have symptoms including fever (body temperature  $\geq 37.5^{\circ}\text{C}$ ), cough, runny nose, sore throat, absence of smell and taste, shortness of breath, or difficulty breathing, you should wear a mask and seek medical attention immediately.

Or call...

**1422**





**Make sure to stay home**

**Stay home if you can...!**

(To be continued.)



- Information source : UNITED NATIONS THAILAND
- Comic Artist : Hehaji

## **Stress-Related Problems from the COVID-19 Crisis May Lead to Domestic Violence Against Children and Women**

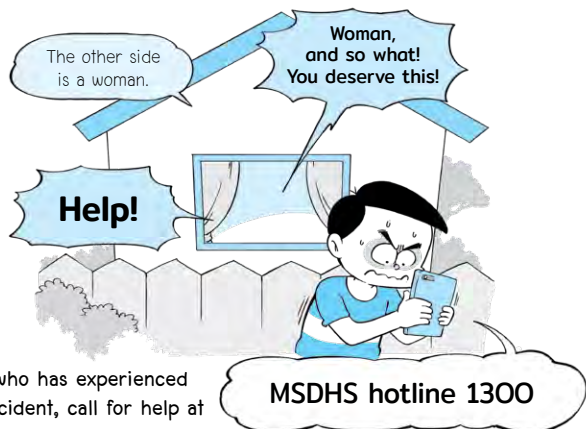


The lockdown measure may lead to factors that contribute to a higher level of domestic violence, for example, stress due to loss of income, unfamiliarity with a newly-adapted lifestyle, having to be with family members 24/7. All these reasons may cause a family member who is already experiencing violence to face the perpetrator even longer.

Home should be a safe place. Observe and ask neighbors nearby if there is any violence going on in their family.



Lockdown or home quarantine can make some women become the victim of threats without anyone witnessing the incidents.



Anyone who has experienced such an incident, call for help at

**MSDHS hotline 1300**

**If you feel stressed, confused, afraid, or angry during the crisis, talking to someone you trust, be it friends or family, can help you cope with stress.**



(Quarantine-style chit chat)

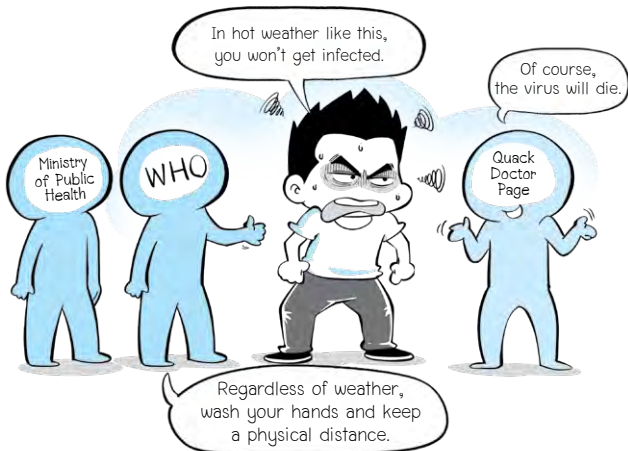
**Take good care of your health by eating nutritiously, sleeping, and exercising.**



**Don't use cigarettes, alcohol, or drugs to cope with your emotions.  
If feeling overwhelmed, please consult a medical professional.**

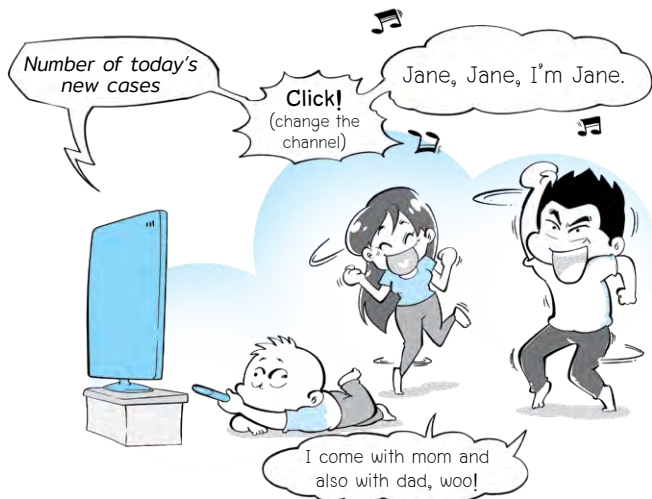


**Seek information from reliable sources – such as the website of the World Health Organization or of the Ministry of Public Health – to assess the risks and properly protect yourself.**





Reduce time spent watching or listening to news from the media that can make you feel disheartened.



Apply stress-coping skills you have used in the past to help manage your emotions during the pandemic.







● Compiled by : Kai Hua Ror Studio

● Comic Artist : Yoong

# Protection of Young Children from COVID-19



**1. The Department of Health advises against kissing children on the cheek. For children under two years, it is recommended not to wear a mask.**

**2. Parents or child caregivers should practice good hygiene by cleaning hands with soap and water or alcohol gel before touching babies and always wearing a mask.**





**3. If a child caregiver is feeling unwell with a fever, cough and sneezes, close contact with babies must be completely avoided.**

**4. Newborn babies should not be taken out in public except going for scheduled vaccination visits or seeing a doctor if feeling unwell. It is recommended to hold a baby close to your chest or put a baby in a stroller and cover with a cloth. Keep a 2-meter physical distance from others.**



**5. Refrain from kissing children on the cheek or being too close to children to prevent mucus and saliva droplets from contacting children.**



**6. If children have to go out in public, proper protection should be worn. For newborn babies and toddlers, parents should not put a mask on them as it may obstruct their breathing causing danger.**





**7. The Department of Health has recommended that children of 2 years and above should wear a mask as appropriate if going to crowded places or places where less than 1.8-meter physical distancing is unavoidable.**

**8. The best thing for children is to stay home. If they have to go out, try keeping more than 1.8-meters of physical distance, avoid touching things such as table, tools, playsets in a playground, public fountain, and wash hands frequently and correctly.**



*Dr. Issara Sereewatthanawut, the initiator of KnowCOVID, has started a project called MiniMask to provide masks to children throughout the country through Thailand Post. For further details, please visit <https://goCOVID.issara.in.th> or his Facebook page at Issara Sereewatthanawut.*

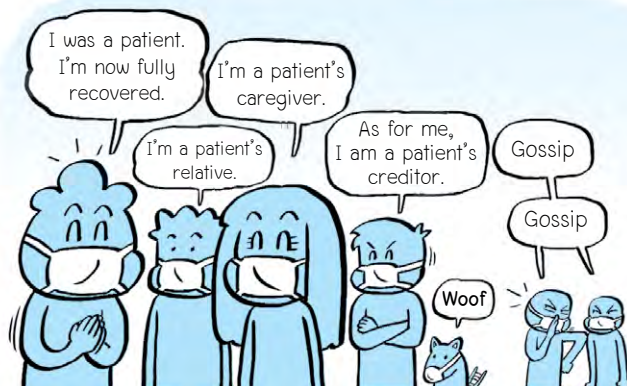
- Information source : UNITED NATIONS THAILAND
- Comic Artist : buffotoon

# Understand the Disease, Stop Social Stigma, Show Sympathy #togetherwewillsurvive



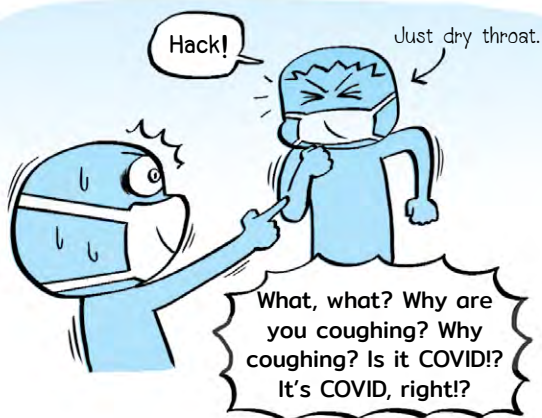
Let's stop social stigma. Treat infected persons or related persons with understanding. Be careful with verbal language that might be interpreted as stigmatization of infected persons. Let's help spread correct information to create understanding of the disease. Let's do this together, show sympathy, and together we will be able to get through this.

Stigmatization is when a society ostracizes or discriminates against infected persons and those related to infected persons or those with similar symptoms even if it is not COVID-19.



### Why does COVID-19 lead to many social stigmas?

- 1 Because COVID-19 is a new disease, and there are many things we still don't know about this disease.

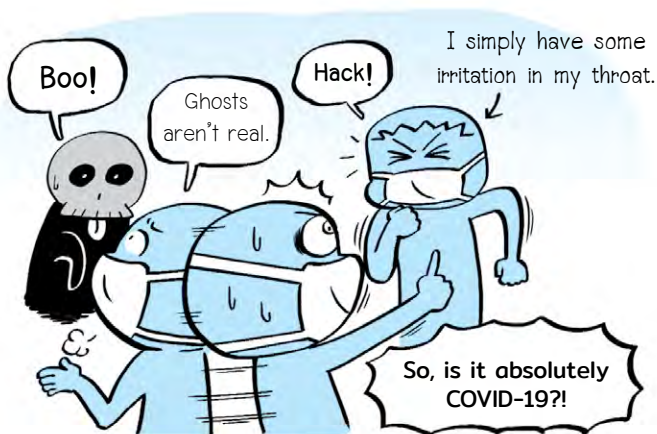




**2** We are usually afraid of the unknown.



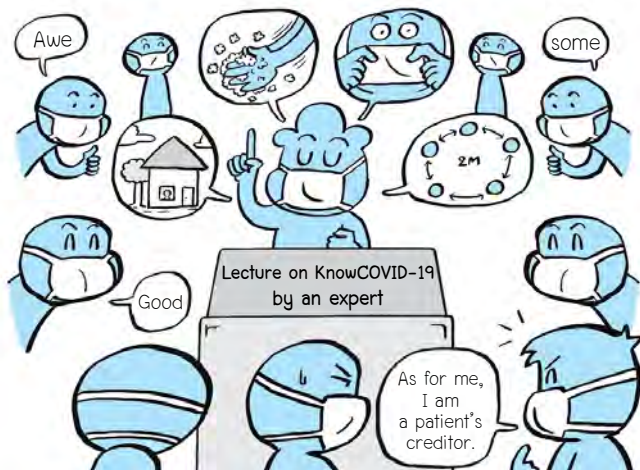
**3** Expressing your fear toward "others" is an easy thing to do.



**Stigmatization leads to concealment for fear of being ostracized by society.**



**Let's stop social stigma, treat infected persons or related persons with understanding and sympathy. Doing so will effectively help keep transmission at bay.**



● Information Source : Kai Hua Ror Studio

● Comic Artist : Yoong

## Practical Guidance for the Elderly

If you have any underlying disease, ensure you have sufficient regular prescription and supplies needed to maintain your health condition.



Prepare enough food and drinking water supplies to use when necessary in case you are staying home.

If not necessary, do not go outside to crowded places, such as markets, shopping malls, and hospitals.

Focus on good hygiene for your body, home, and utensils.



Wash your hands thoroughly,  
eat freshly cooked-food, have  
your own food, use your  
own plates and utensils.



Engage in activities  
that enhance physical  
and mental health, such as  
exercise and meditation.



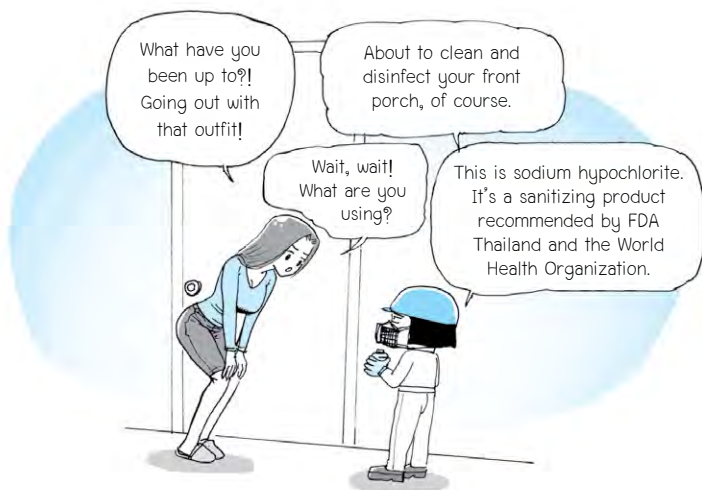
If any family member  
has returned from a risk area  
or has cold-like symptoms or  
a fever, arrange separate living  
and eating areas for them.



Contact or see a medical doctor  
as quickly as possible if feeling  
unwell.

- Information source : Food and Drug Administration (FDA)
- Comic Artist : Aor Kai Hua Ror

## It's Time to Apply Strict Disinfecting Measures for Safety







So, will it damage the flooring of my house?

It will definitely not. I'm not just winging it. It must be diluted before use. This bottle has a 5% concentration. So, if I make a 1:9 dilution with water, that will do.



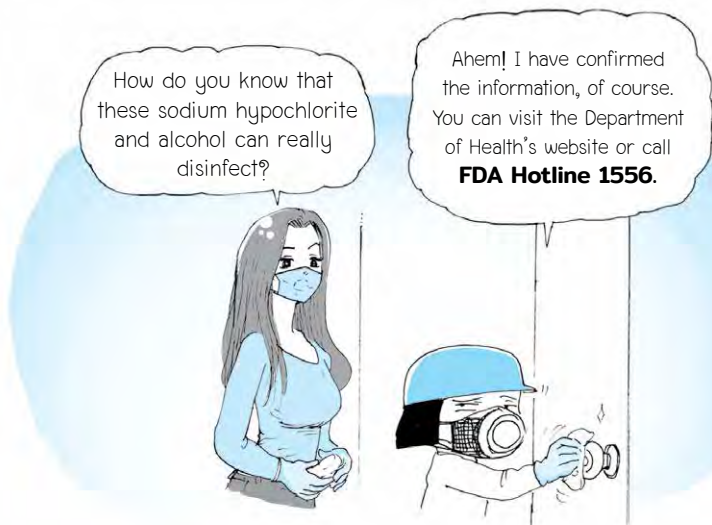
Done?

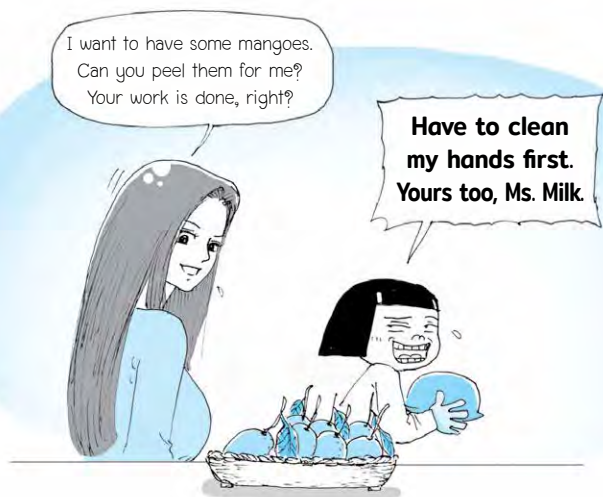
Have to wait for 10 minutes before cleaning it off. I still have more to do inside the house. Come, Ms. Milk. Let's do it together.

Please wear these gloves.









Why are you sitting here watching soap opera? Go peel mangoes.

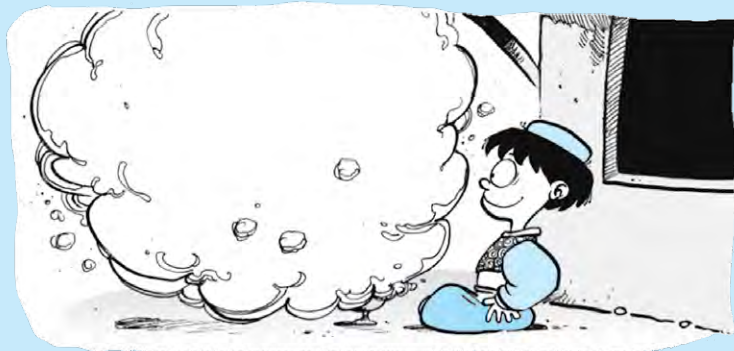
I have already washed my hands too.

But I have already washed my hands.



I cleaned my hands with alcohol gel at the front of the TV just now. Peeling mangoes will mess up your hands.





## When It's Time for Hero Reunion

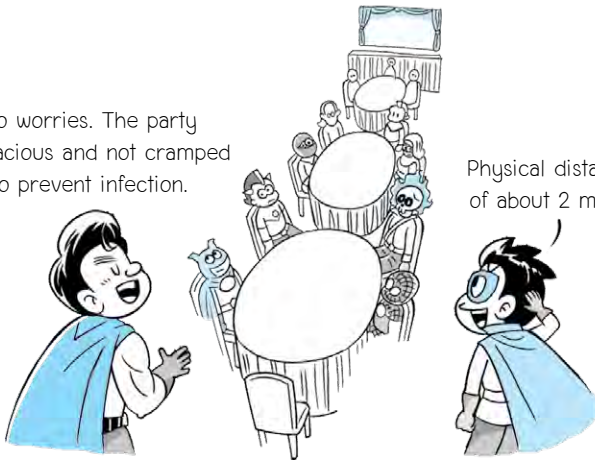
How can we  
miss it?

Heroes have come  
to this party from around the  
world during this viral pandemic.  
Will this be safe?



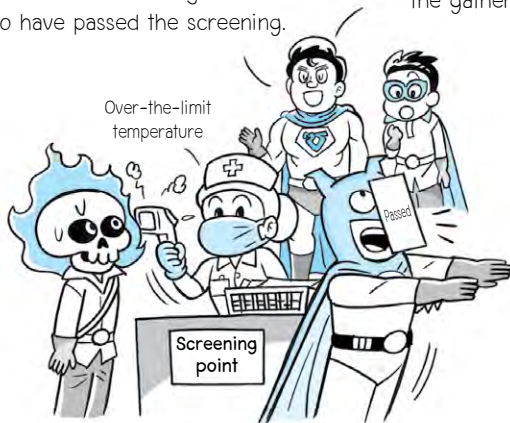
No worries. The party  
is spacious and not cramped  
to prevent infection.

Physical distancing  
of about 2 meters.



A temperature screening point with a sticker to identify attendees who have passed the screening.

Those from risk areas will not be allowed to join the gathering.



**No buffet; packed meals only with individual utensil sets; spacious and not crammed eating areas.**





**Provide several stations for alcohol gel/hand sanitizer and hand washing facilities with soap and clean running water for attendees to use at entry and exit points.**



**Attendees should cover-up, put on a mask, and wash hands frequently.**



Isn't this too  
much cover-up?  
Can't even tell  
who this is.



**Do not attend any gathering if you have a high temperature, cough, or runny nose. Please seek medical advice immediately.**



**Do not attend any gathering if you returned from overseas or have been to risk areas.**



**Put on a mask and visit a public health center right away.**

How many countries have you visited?



Um...how many countries?



Do not mingle with visitors who don't practice safe COVID-19 practices

and are at risk of spreading the virus.



By doing all these at the Hero Reunion, our organizers and attendees will stay safe.



# New Normal in the Same World



COVID-19 has not only taken lives of many people but has also affected our overall peace of mind and forever changed our old ways of living that we have been accustomed to.

As of late, we often hear the word “New Normal”. We all have to

get our head around this so-called new normal to stay safe from this severe disease in the long run.

The first step is to start with ourselves. Make it a habit to keep a physical distance, avoid crowded places, practice hand hygiene, avoid

touching the eyes, nose and mouth, wear a cloth or medical mask, and stay physically fit. If experiencing any symptoms similar to those of COVID-19, go to a hospital right away. Also, stay up-to-date with current COVID-19 news.

In terms of relationships with others, practice mutual understanding in living together, have a clear agreement on physical distancing — how to take care of one another, or whether to use separate personal items. Always be careful when coughing or sneezing. Children and the elderly especially must understand why we have to change our daily lives and why we can't afford to be reckless.

The content conveyed in this booklet is part of important information. There are many more resources

to learn from to best prepare ourselves. Please stay up-to-date with news from reliable sources and remember not to be reckless and don't let your guard down. Take care of yourself and people around you as well as adapt to the “new normal” way of living.

Importantly, live your life with a smile, offer one another encouragement, and do not be reckless.

No matter how many crises, we will be able to go through them all as we unite our hearts...and fight together.



\*Let all of us be part of “Open up the City Safely”.

For further information, please visit <https://thai.care>, a website supported by the Thai Health Promotion Foundation (ThaiHealth)



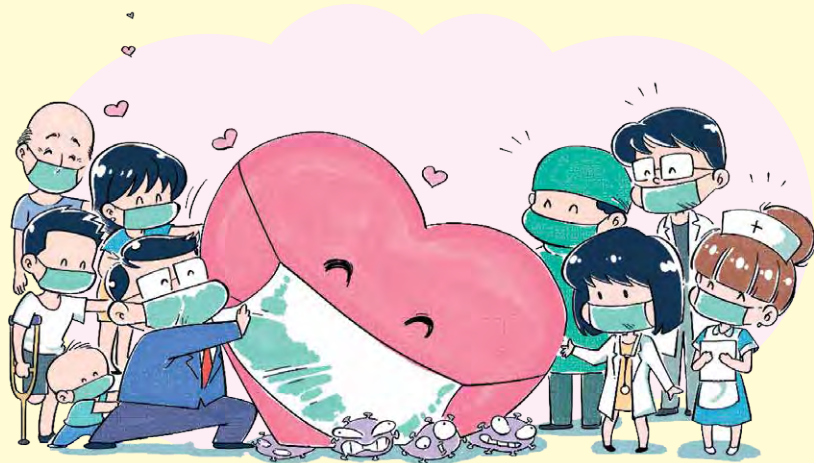
Do you know about physical distancing? We have to stay apart for some time.



\*Physical Distancing means keeping a distance from others.\*

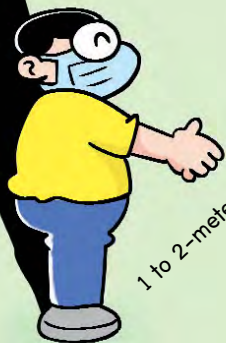
It is one of the ways to reduce transmission of COVID-19 by keeping a roughly 2-meter distance from each other.

Tired right now? We bring you our mental support.



We would like to send our encouragement  
to all Thai healthcare workers and staff who are fighting  
this battle against this COVID-19 pandemic.

Because of love, we shall stay apart.



1 to 2-meter distance

