COVID19 Safety Guide for LGBTQ

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Office of Health Promotion for Vulnerable Populations (Office 9)
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What is COVID-19

Official Name
Thai name: โรคติดเชื้อไวรัสโคโรนา 2019
English name: Coronavirus Disease 2019 (COVID-19)

Transmission
It is primarily spread by small droplets produced when people cough, sneeze or touch any secretions (mucus, saliva, phlegm).

Iso, when people touch a contaminated surface or object and then touching their own eyes, nose or mouth.

It is found in feces and vomit of a patient.

Symptoms
- Fever (Body temperature ≥ 37 Celsius)
- Cough, sore throat
- Runny nose
- Breathing difficulties, fatigue, and shortness of breath due to Pneumonia.

Source: Faculty of Public Health, Thammasat University
Know-How Rules

Covid-19 Safety Guide For LGBTQ
SOCIAL DISTANCING

Social Distancing means keeping space and physical contact between yourself and other people at least 1-2 meters in order to prevent spreading of any infectious diseases and respiratory diseases such as flu, tuberculosis and, especially, COVID-19 which is a current epidemic.

4 SOCIAL DISTANCING

Tips of Social Distancing

- Stay home / residence
- Avoid physical contact with other people
- Keep space at least 2 meters when interaction is needed
- Stay out of crowded places.

Source: Faculty of Public Health, Thammasat University
Most of us have to work and it is not easy to avoid mass gathering so you must

**Wear a medical mask** every time you go out, take it off and throw it away properly in order to contain the spread of the virus.

**Wash your hands** as often as you can before, during and after doing any activities for 25 seconds and follow 7 hand-washing tips.

**Use 70% alcohol gel** to wash/spray/wipe your hands and any surfaces such as doorknob, handrail and any pressing buttons more often.

Source: Faculty of Public Health, Thammasat University
Cooperate with government
Cooperate with government

Avoid long-distance travelling with public transportation or mass gatherings.

Postpone/cancel any appointments on hormone injection, surgery, dentistry or refilling PrEP and choose other alternative solutions such as consult with the doctor to change prescription or refill PrEP using delivery service instead.
If medical treatment is needed, the medical history of your MTF hormones or anti-androgen hormone therapy must be informed to benefit the medical treatment.

If you fall ill with COVID-19 or suspect you are infected with the virus, you can easily do a risk assessment by yourself, which is available on the website covid19.rajavithi.go.th

If you have to travel, always keep identification card/passport with you and wear a mask.

(according to Emergency Decree on Public Administration in Emergency Situation)
Self-Quarantine at home
For students/people coming from risky area of COVID-19

- Stay home. Separate bedroom / bathroom
- Do not go to school/travel to public areas
- Separate food with other people
- Separate personal belongings such as towel and glass
- Wash your hands often
- Wear a mask and keep space from other people about 1-2 meters
- Avoid being in close contact with chronic patients / older adults
- Throw away a mask into a trash bag, and then wash your hands
- Cover coughs and sneezes with a tissue or sleeve
- Clean your house with bleaching agent (5% Sodium Hypochlorite)
- Wash clothes with hot water (60-90 °C)
- Travel to hospital by private car.

Source: Mahidol University
LGBTQ people and Health Vulnerability towards COVID-19

Many of them do not have rights to healthcare.

Many of them need to take MTF hormones or anti-androgen hormones for gender transitioning.

Many of them are taking antiretroviral drugs or HIV prevention drugs such as PreP, PEP or ART.

Many of them have undergone gender reassignment surgery but their titles are still stated according to their gender assigned at birth.

Many of them have different medical beliefs against conventional medicine.
What medical personnel may encounter when treating LGBTQ people.

Medical history of gender transitioning, MTF hormones, anti-androgen hormones, Antiretroviral drugs or HIV prevention drugs taking.

In case of being an inpatient during medical treatment at a hospital or inpatient department (IPD), LGBTQ person must give consent or mutual agreement with a service provider on medical treatment based on high standard and effective medication.

The best practice of medical treatment must be carried out on the basis of humanity and respect.

Medical treatment provided to LGBTQ persons, who need to quarantine for 14–21 days, should be carried out according to conditions of gender determined by a LGBTQ person himself/herself along with quality service and effective results after the treatment.
Health Questions
relating to LGBTQ people during COVID-19

? What to do if you are a person with HIV and suspect that you are having COVID-19?

Go to any medical care for COVID-19 test and wait for the blood result. If the blood result is positive for COVID-19, let the medical personnel know in order to plan medical treatment properly.

? What to do if you have an appointment for hormone injection or hormones checkup?

Postpone an appointment and avoid going to medical care because it is a risky area. If necessary, call the medical care to seek information about the name of hormones and buy it at the pharmacy.

? What to do if you have an appointment for surgery or gender reassignment surgery?

Postpone an appointment and avoid going to medical care or having a surgery because it is the risk of virus transmission. Also, get some exercises and stay healthy.
Know your Rights
Know the Numbers
Stay sharp when you are at risk for COVID-19
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<tbody>
<tr>
<td><strong>1422</strong></td>
<td><strong>1330</strong></td>
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<tr>
<td>Suspect or asking about COVID-19</td>
<td>Check your rights of Gold Privilege Medical Care</td>
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<td><strong>1111</strong></td>
<td><strong>0-2127-7000</strong></td>
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<td>Appeal about COVID-19</td>
<td>Check the Government Officer's Rights, The Comptroller General's Department</td>
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<td><strong>1323</strong></td>
<td><strong>1506</strong></td>
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<td>Consult on mental health issues</td>
<td>Check your Social Security Rights</td>
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<tr>
<td><strong>1669</strong></td>
<td><strong>Life Insurance</strong></td>
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<tr>
<td>Illness or Emergency Accident</td>
<td>Representatives or Insurance Companies.</td>
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If you encounter gender-based discrimination, inform and report at:

**Department of Women’s Affairs and Family Development, Ministry of Social Development and Human Security.**

- 255 Ratchawithi Rd, Thung Phaya Thai, Ratchathewi, Bangkok
- 02–624–7770
- gidentity@hotmail.com
- www.owf.go.th และ www.gender.go.th

**National Human Rights Commission of Thailand**

- The Government Complex Commemorating His Majesty the King’s 80th Birthday Anniversary, 5th December, B.E.2550 (2007), Ratthaprasasanabhakti Building (Building B) 6th – 7th Floor 120 Chaengwattana Road, Lak Si Intersection, Bangkok 10210
- 0–2141–3800 หรือ 0–2141–3900
-สายด่วนร้องเรียน 1377 (ในเวลา рагการ)
- help@nhrc.or.th
Network Organizations for LGBTQ

Northern Region

M-plus
☎ 053283108
VCAP
☎ 0895557042
CAREMAT Medical Center
☎ 052005458

Central/Eastern Region

The Foundation of Transgender Alliance for Human Rights
☎ 0924657343
Trans People Clinic
Thai Red Cross AIDS Research Centre
☎ 022530995
Sai Sabai Jai Counseling
Rainbow Sky Association of Thailand
☎ 0825821714
SWING Thailand
☎ 026329501
Sister HOTLINE
☎ 0856993233
Sister Clinic
☎ 033035367
Sister Rayong
☎ 0924518142
Network Organizations for LGBTQ

North Eastern (Isaan) Region

- FaSangThiRimKhong
  - Phone: 0801494136

- Rainbow Sky Association,
  Ubon Ratchathani Province
  - Phone: 0868740528

- Boy friend
  - Phone: 0804099966

Southern Region

- Payoon Srirang,
  Trang Province
  - Phone: 0858889433

- Andaman Power,
  Phuket Province
  - Phone: 0848487963

- Rainbow Sky Association,
  Songkhla Province
  - Phone: 0911054562