

Progress Report of Thai Volunteer 2019

Period of work 1st November 2020 – 31st January 2021

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ในเดือน พ.ย. 2020 ถึงวันที่ 19 ธ.ค. 2020 การทำงานเป็นการซัพพอร์ตในกระทรวงด้านการประชาสัมพันธ์เกี่ยวกับสถานการณ์โควิด สุขภาพสาธารณะด้านต่างๆและการเริ่มฝึกสอนพนักงานบางส่วนเพื่อให้มีประสิทธิภาพมากขึ้น ซึ่งเป็นการทำงานใกล้เคียงกับการทำงานในสถานการณ์ปกติ

ได้ทำการนำเสนอและจัดสถานที่สำหรับทำงานด้านสื่อมากขึ้น มีการร่วมงานกับแผนกต่างๆเพื่อทำงานเกี่ยวกับการประชาสัมพันธ์เรื่องที่เกี่ยวข้อง รวมถึงการร่วมงานพิธีและวันสำคัญต่างๆเพื่อทำสื่ออีกด้วย

จนมาถึงวันที่ 20 ธ.ค.2020 ซึ่งเป็นวันแรกของการลือคัดดาวนประเทศภูฏานเนื่องจากมีการแพร่ระบาดภายในประเทศระลอกใหม่ ที่มีจุดศูนย์กลางอยู่ที่เมืองหลวงทิมพู และพาโร มีการรวมกลุ่มของทีมต่างๆขึ้นมาอีกครั้งรวมถึง Risk Communication Team ที่ตัวผมทำหน้าที่อยู่ โดยรอบนี้มีการกระจายสมาชิกไปที่ศูนย์กลางสั่งงาน Command Centre ด้วยเพื่อให้มีการส่งต่อข้อมูลจากทีมอื่นๆให้ที่มีประสิทธิภาพมากขึ้น

โดยงานหลักของผมยังเป็นเรื่องของการทำสื่อประชาสัมพันธ์ในด้านต่าง ๆ เช่นเดิม แต่เนื่องจากทีมถูกแบ่งออกเป็นกลุ่มย่อยๆ จึงทำให้เพิ่มการทำงานบางส่วนด้วย เช่นการจัดหาข้อมูลและตรวจสอบสื่อต่างๆก่อนการเผยแพร่ต่อสาธารณะชนเพื่อป้องกันการผิดพลาด รวมถึงการติดต่อกับทีมอื่นๆเพื่อนำข้อมูลมาคัดกรองและนำเสนอต่อไป ซึ่งเป็นงานที่มีภาระค่อนข้างมาก จึงต้องมาทำงานที่กระทรวงถึงดึกทุกวันโดยยังไม่ได้มีวันหยุดแต่อย่างใด รวมถึงได้รับอนุญาตให้เดินทางโดยบัตรอนุญาตจากรัฐบาล

จนถึงวันที่ 20 ม.ค.2020 เป็นวันแรกของการคลายลือคัดดาวนที่อนุญาตให้ประชาชนออกมาภายนอกอาคารได้ แต่ยังไม่อนุญาตให้จัดกิจกรรม รวมถึงกำหนดให้อยู่แต่ภายในโซนของตัวเอง ส่วนของทีมที่ยังทำงานในสถานการณ์ยังคงปฏิบัติงานเช่นเดิม เพราะยังมีการทำ Mass Screening รวมถึงเตรียมการสำหรับแผนการแจกจ่ายวัคซีนให้กับประชากรที่เริ่มมีการขนส่งมาจากอินเดีย

จากสถานการณ์ที่คลี่คลายก็ทำให้มีการปลดลือคัดดาวนในวันที่ 29 ม.ค. 2020 แต่บางสถานที่และกิจกรรมก็ยังคงอยู่ภายใต้การควบคุมอยู่ จนถึงวันที่ 1ก.พ. สถานที่ราชการและบริษัทต่างๆก็กลับมาดำเนินงานตามปกติ

ส่วนความเป็นอยู่มีการดูแลสุขภาพของกระทรวงและทีมอย่างดี มีบริการด้านอาหารและการรับส่งจากเพื่อนร่วมทีม ทำให้ไฟกัสบงานได้ดี

ภาพถ่ายในระหว่างการปฏิบัติงาน.



พิธีเปิดงานการรณรงค์เกี่ยวกับสุขภาพที่ได้ออกแบบและจัดทำกราฟฟิก



การถ่ายวิดีโอสัมภาษณ์นายกรัฐมนตรีภูฏานเนื่องในวัน World Disability Day



งานถ่ายภาพเก็บบรรยากาศของรัฐมนตรีสาธารณสุขเนื่องในวัน 5Th King's Birthday



บรรยากาศการทำงานในทีม Risk Communication ตลอดช่วงลือคตาวน



มีการเก็บตัวอย่างตรวจเป็นประจำระหว่างปฏิบัติงาน สิริรวมจนถึงวันที่เขียนรายงานนี้ 8 ครั้ง

ภาพผลงาน Graphic Design บางส่วน

WORLD ANTIMICROBIAL AWARENESS WEEK

Message from Lyongpo Dechen Wangmo, Minister of Health on the occasion of World Antimicrobial Awareness Week, 2020



18-24th November 2020 is observed as the World Antimicrobial Awareness Week globally. Bhutan joins the global community on this special week, with the Ministry of Health in collaboration with the World Health Organization, spearheading the advocacy and awareness activities.

"United to preserve antimicrobials" is the theme of this year's antimicrobial week. It aims to highlight the increasing threat of Antimicrobial Resistance (AMR) globally and the need to preserve antimicrobials through best practices among the general public, health workers and policy makers to avert further emergence and spread of drug resistant infections.

Antimicrobials are a special class of medicine which has been used widely in human and animal medicine for the last several decades to fight diseases and save lives in humans, animals and plants. It includes antibiotic, antiviral, antifungal and antiparasitic medicines. However, in recent years the microbes have adapted to the antimicrobials, undermining its effectiveness and has emerged as one of the greatest and most urgent global risks requiring international and national attention. Antimicrobial resistance (AMR) happens when bacteria, viruses, parasites, and fungi develop resistance against medicines that were previously able to cure them. While AMR occurs naturally over time, usually through genetic changes, the misuse and overuse of antimicrobials in humans, animals, and crops without professional oversight, as well as poor access to clean water, sanitation and hygiene has been highlighted as factors accelerating this process.

Common and life-threatening infections like pneumonia, gonorrhoea, and post-operative infections, as well as HIV, tuberculosis and malaria are increasingly becoming untreatable because of AMR. Left unchecked, AMR is predicted to have significant social, health security, and economic repercussions that will seriously undermine the development of countries.

On a brighter note, combating antimicrobial resistance should not be as difficult as reported to be in other countries. This is mainly because, in our country, the use of antibiotics is mainly restricted to government hospitals and veterinary centers. Sale of antibiotics from the private pharmacies constitutes only a small fraction of antibiotics used in the country, whose sale is well regulated and the use of antibiotics in the agriculture sector has been kept to minimum.

Further, the Royal Government of Bhutan (RGOB) has endorsed the National Action Plan to combat AMR which has been developed in alignment to the Global Action Plan in combating AMR, jointly by the Ministry of Health and Ministry of Agriculture and Forest through a One Health approach. This plan aims to promote rational use of antimicrobials mainly through effective antimicrobial stewardship programs, surveillance of antimicrobial resistance in important pathogens and monitoring of antimicrobial use, public education on AMR and sound regulation of sale of antibiotics. It has already guided and helped in enhancing and sustaining various strategies and activities in combating AMR in the Country. A major achievement to be highlighted is the Planning Fund Support in strengthening the One Health governance for AMR, and surveillance of AMR both in Human and Animal Health, which has boosted the RGOB and WHO support in fighting AMR. Bhutan today is also a member of the Global AMR Surveillance System (GLASS).

Lastly, to protect ourselves, our children and future generations to come, I urge all our health workers, policy makers and National authorities to stand "united to preserve antimicrobials" by supporting all sectors involved, through the implementation of good practices and promotion of responsible and prudent use of antimicrobials; and I also urge every Bhutanese to seek advice from a qualified healthcare professional before taking antimicrobials.

Tashi Delek

FOR MORE INFORMATION : 2121 6060

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World Prematurity Day

Hon'ble Lyonpo's Message for the World Prematurity Day 2020



Every year, 17th November is observed as the World Prematurity Day. This day is important to raise awareness to the general public and providers on prevention and management efforts to reduce burden of preterm births that are largely preventable in nature. Bhutan joins the global community in its spirit towards reducing preterm births. The theme for this year is "Together for babies born too soon-Caring for the future."

Globally, about 15 million babies are born preterm every year, which is more than 1 in 10 babies. Countries in South Asia and

Sub-Saharan Africa contribute to over 60 percent of the global preterm burden. According to WHO, Bhutan is estimated to have 1380 preterm births every year. Local evidence indicates that more than 60 percent of neonatal deaths are attributed to complications associated with prematurity. This means that there is a need to address challenges associated with preterm births should our health system realize its goals of reduction of child morbidity and mortality.

Over the past years, the Ministry of Health has accorded priority to improve quality of newborn health in the country. Some of the important initiatives undertaken include implementation of Bhutan Newborn Action Plan (2016-2023) with a focus on quality improvement around childbirth, Kangaroo Mother Care for preterm management among others. Further, prevention efforts such as the implementation of preconception care package have been expanded to improve experience during pregnancy and outcomes.

Therefore, I would also like to urge everyone that pregnancy is not just the responsibility of the childbearing women alone but the collective responsibility of the spouse, community and nation at large. It is therefore "Our Gyenkhu" to support and care every woman and hence, concerted efforts should be made in every possible way to encourage and support all women of child bearing age to make timely visits to the health centers for preconception counseling, antenatal and postnatal check-ups and ensure deliveries in the health centers to prevent and reduce burden of preterm births.


Together we can!
TashiDelek

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WORLD AIDS DAY

MESSAGE FROM HON'BLE HEALTH MINISTER ON WORLD AIDS DAY, 1ST DECEMBER 2020



On this very important day, it is a privilege for me to join the global community in observing World AIDS Day, 2020. It's an opportunity for people around the globe to unite in the fight against the prevention of HIV and to share solidarity for people living with HIV/AIDS.

At the outset, I on behalf of the Bhutanese people, particularly women and girls, would like to take this opportunity to congratulate Her Majesty Gyalum Sangay Choden Wangchuck for receiving the UNFPA award in recognition of Her Majesty's role in helping advance the rights and empowering women and girls in Bhutan as the Goodwill Ambassador of UNFPA for the last 20 years.

Today, of the estimated 1300 people living with HIV in Bhutan we have currently managed to diagnose only about 741 HIV cases since the detection of the first case in 1993 which accounts for a detection gap of 43% about 559 new HIV cases to bridge the current case detection gap by 2022. As of now, 152 People Living with HIV (PLHIV) have died due to AIDS-related illness. Unlike in the region, in Bhutan, an equal proportion of men and women are infected.

In line with the global theme, the Ministry of Health will be observing the World AIDS Day with the national theme "Shared Responsibility to Bridge the Case Detection Gap". To meet this aspiration, we are committed to strive harder in making people know their HIV status through innovative means of HIV testing services and linking them with the good quality care, support and treatment services. Therefore, to realize this goal, community participation is very important to ensure that every individual gets access to comprehensive HIV prevention, testing and treatment services. One such measure is that the Ministry of Health will be launching HIV Self Testing (HIVST) as a part of the community-led testing and new ARV drugs for HIV/AIDS.

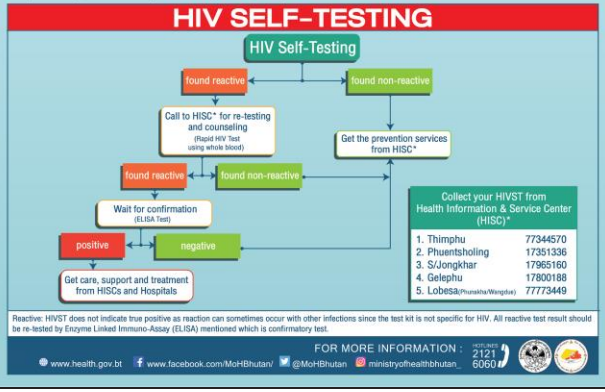
HIVST is one of the options to increase accessibility to know one's HIV status through greater confidentiality and privacy of the clients. However, I also would like to caution that every advantage comes with some disadvantages such as the risk of false-negative results and false reassurance during the acute infection. Further, insufficient counselling and possible delayed entry into care and treatment is one critical drawback of these interventions if one doesn't adhere to the HIVST protocol of the Ministry of Health. In simple terms after conducting HIVST by yourself, an individual needs to get in touch with the identified HIV counsellors either through call or in-person to understand your test result with complete assured confidentiality.

Furthermore, The Ministry of Health is working towards validating the triple elimination of Mother to Child transmission (eMCT) of HIV, Syphilis and Hepatitis B to enable Bhutan to declare its triple elimination status at the earliest possible and work for the validation exercises are underway.

Today despite the testing facilities available in all the hospitals, Primary Health Care Centres (BHUs), Health Information and Service Centers (HISC) and private diagnostic clinics many of the people are still not coming forward for testing. The potential barrier maybe because of fear and stigma associated with HIV which should not be the case in today's world because HIV/AIDS can be managed well with the best treatment options that we have in the county. Therefore, we urge all of you to come forward for testing because it is the only means to know your HIV status for time management.

Lastly, I am also pleased to acknowledge the generous support rendered to us to fight the HIV/AIDS epidemic by our developmental partners, civil society organizations and private individuals. Let us collectively shoulder our Gyenkhu to pave the way for ending AIDS epidemic by 2030 in Bhutan.

Together we can!
Tashi Delek



การออกแบบบทความต่างๆตามวาระสำคัญสำหรับใช้ในสื่อออนไลน์และหนังสือพิมพ์

HIGH-RISK SEXUAL BEHAVIORS

What are high-risk sexual behaviors?

- Unprotected intercourse without male or female condom use
- Unprotected mouth-to-genital contact (oral sex)
- Early sexual activity, especially before age 18.
- Having multiple sex partners.

What increases the risk of unsafe sex?

- Under the influence of alcohol and drugs (which may lead you to being careless)
- Peer pressure to have sex
- Thinking that it's okay 'just this once'
- Believing that you can tell if someone has an STI because they will have symptoms.

When a female starts menstruating it means she could get pregnant if she has unprotected sexual intercourse.

Teenage Pregnancy (first pregnancy at the age of 19 or before) can have major health consequences for both mother and baby like:

1. Complication during pregnancy and child birth
2. Increased risk of miscarriage, stillbirth, premature birth and maternal death

If you need any information to access services related to sexual and reproductive health or want to know more about SRH you can contact the following:

- Adolescent Friendly Health Focal person in the health facilities
- School Counselors
- Health Information and Service Center (HISC)
- Health Help Center-112
- Download mPoweryouth app for more details

LIST OF CONTRACEPTIVE METHODS AVAILABLE IN BHUTAN

Contraceptive Methods	Where can you get them?	Protection against STIs/HIV	Protection against pregnancy	Specific requirement
Male condom	Health facility, Pharmacy shops, Dropin center, vending machine	YES	YES	Consistent and correct use every time
Oral contraceptive pills (OCP)	Health facility, Pharmacy shops	NO	YES	Need to take orally everyday by woman for 21-28 days depending on brand and type
Injectable (DMPA);	Health facility	NO	YES	Every three monthly injection provided by trained health care provider
Intrauterine device (IUD);(eg. Copper T)	Health facility	NO	YES	T-shaped device that is inserted into a woman's uterus to prevent pregnancy Every 10 years provided by trained health care providers
Emergency contraceptive pills(ECP)	Health facility, Pharmacy shops	NO	YES	A contraception method used to prevent pregnancy after sexual intercourse. Use within 74 hours of unprotected sex

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Am I ready to have sex?

Deciding to have sex for the first time can be a big decision. It's important that you feel confident and ready, so it's helpful to think about these things:

Am I doing this because I want to?

Be sure that it's something that you want to do. You should not have sex because someone wants you to or because your friends are encouraging you to.

Do I feel safe?

Having sex with someone you trust is going to make it a much better experience. And if you do feel vulnerable you need to be able to talk about your feelings with a sense of safety

Do I feel comfortable talking about sex and contraception?

If you feel like you might need to use alcohol or other drugs before sex, then it's probably not the right time. Young people who mix alcohol and other drugs and sex are more likely to regret their decisions and engage in risky sexual behaviours, like not using appropriate protection

Do I feel comfortable having sex with someone sober?

It's important that you feel safe talking about sex, sexual health and contraception. Being prepared is smart. It shows you have respect for the person you're having sex with and yourself.

Do I know how to have sex safely?

Making an informed choice is really important. Get some information, speak to someone you trust about how to keep safe and protect yourself from STIs and unintended pregnancy.

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ສື່ຄວາມຮູ້ເຮັ່ງເພດສັມພັນຮ້ອຍໆປອດກັຍ



Adolescents and Young People represent a positive force in the society. You can play a critical role to contribute to your own health and wellbeing.

We respect you and are willing to listen to you.
Please share your thoughts and feelings, so that we can help you remain healthy.

For more information on Adolescent Health & Development:
Download Mobile Application:
mPower Youth: G2C Services

LOCATION
Above JDWNR Hospital



AFHS
(Adolescent Friendly Health Services)
Ministry of Health

Adolescence is a time of opportunity and risk
SHARING PROBLEMS IS IMPORTANT
Late Adolescents 15-19 boys & girls



Adolescents 15-17 boys & girls



Early Adolescents 10-14 boys & girls



What is Adolescence?
Adolescence is the period between childhood and adulthood ranging from 10 years to 19 years.

What do you mean by adolescent friendly health services?
It means, effective health services that reach adolescents and meet their needs in difficult times.

Why adolescent friendly health services?
The aim of such services is not only to protect young people against dangers, but also to help them build knowledge, skills and the confidence to face challenges.

Who is eligible for adolescent sexual and reproductive health (ASRH) information and services?
All males and females (10-19 years) both in and out of school/married and unmarried

AFHS Service Package:

- Sexual & Reproductive Health
 - Information, counselling and services related to menstrual problems, puberty, sexuality, safer sex, common STIs and sexual health concerns.
 - Counselling & Provision of temporary contraceptive methods and emergency contraception.
 - Pregnancy testing, care during pregnancy and after delivery (Antenatal and Postnatal care)
 - Counselling for sexual violence, abuse and appropriate referral.
- Nutrition
 - Dietary advice and nutritional counselling.
- Mental health
 - Information and Counselling on managing stress, mental health, early detection and referral of mental health problems, alcohol and substance use disorders.

Why should you use the AFHS clinic?

- Walk in service: No appointment necessary.
- Privacy and confidentiality strictly maintained
- Adequate time provided to discuss problems and concerns.
- Comfortable and safe space.
- Gender sensitive.
- Competent and trained adolescent friendly service providers.
- Communication will be carried out respectfully and age appropriately.
- Comprehensive sexual and reproductive health services and continuity of care.
- Facilitate referrals for specialist care.

การออกแบบแผนพับสำหรับองค์กรเด็กและเยาวชน

SEASONAL INFLUENZA (FLU) VACCINATION PROGRAM FOR GENERAL POPULATION

The Ministry of Health will be providing the seasonal Influenza (Flu) vaccination for the general population from 7th December, 2020 to 7th January, 2021. The vaccination will be provided as per the micro plans developed by the respective districts/Thromdes/ health facilities following all the COVID-19 preventive measures. For further information, please contact the nearest health facilities.

JDWNRH ZONES

DATE	ZONE	VACCINATION POST/SITES
12/12/2020	Babesa Lam Tag	Thimphu Tech Park
	2D Tsalu Maphey	Babesa Primary School
	7B Norzoin Lamtag	City Parking Near Hotel Ose!
	3C Lower Changzamtok	Thimphu Primary School
13/12/2020	Babesa Lam Tag	Thimphu Tech Park
	2D Tsalu Maphey	Babesa Primary School
	7B Norzoin Lamtag	City Parking Near Hotel Ose!
	3C Lower Changzamtok	Thimphu Primary School
14/12/2020	Changdiphu	Druk school
	2E Simtokha Dzong Area	Outside Simtokha Dzong Hostel
	3B Upper Changzamtok	Changzamtok school (PP Block)
	3C Lower Changzamtok	Thimphu Primary School (Basket Ball Court)
15/12/2020	Changdiphu	Druk school
	2F Dharongchu, workshop area	RIM Next to Orientation Hall
	3B Upper Changzamtok	Changzamtok school (PP Block)
	3C Lower Changzamtok	Thimphu Primary School (Basket Ball Court)
16/12/2020	Changdiphu	Druk School
	3B Upper Changzamtok	Changzamtok school PP Block
	3C Lower Changzamtok	Thimphu Primary School Basket Ball Court
	3C Lower Changzamtok	Thimphu Primary School Basket Ball Court

FOR MORE INFORMATION : 2121 6000

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JDWNRH ZONES

DATE	ZONE	VACCINATION POST/SITES
7/12/2020	Seribhang	Veterinary Office, Seribhang
	2A Simtokha E4	RIM Next to Orientation Hall
	6A Yangchenphu	YHS Auditorium
	Depsi	Archery Ground Near Zimdra
8/12/2020	Babesa lam wog	Archery Ground Near Zimdra
	2B Simtokha above highway	RIM Next to Orientation Hall
	7A Norzin Lamwog	Jigme Losel Primary School
	Depsi	Archery Ground Near Zimdra
9/12/2020	Babesa lam wog	Archery Ground Near Zimdra
	32C Tsalu Barp	RIM Next to Orientation Hall
	7A Norzin Lamwog	Jigme Losel Primary School
	RTC	RTC Near Student Bus Stop
10/12/2020	Babesa lam wog	Archery Ground Near Zimdra
	2C Tsalu Barp	RIM Next to Orientation Hall
	7A Norzin Lamwog	Jigme Losel Primary School
	Gangchey & Nyezergang	Droongkhag Veterinary Hospital, Jazam
11/12/2020	Babesa lam wog	Archery ground near zimdra
	2D Tsalu Maphey	Babesa Primary School
	7B Norzoin Lamtag	City Parking Near Hotel Ose!
	Gangchey & Nyezergang	Droongkhag Veterinary Hospital, Jazam

FOR MORE INFORMATION : 2121 6000

SEASONAL INFLUENZA (FLU) VACCINATION PROGRAM FOR GENERAL POPULATION

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DECHENCHOLING ZONES/AREAS

DATE	ZONES/AREAS	VACCINATION POST/SITES
7/12/2020	Nima HSS	School
7/12/2020	Dechencholing HSS	School
8-10/12/2020	Upper Dechencholing	D/Ling School
8-10/12/2020	Upper Taba	Taba School
11-12/12/2020	RBG Colony	NCO Mess
14-17/12/2020	Lower Taba	City Office
14/12/2020	Lower Dechencholing	D/Ling School
15/12/2020	Dashi /Zhoshen	Youth Center
16/12/2020	Yanghel Real State	State Office
17/12/2020	Chantagang	Milk Booth
18/12/2020	Dodina University	University
18/12/2020	Tango Shedra	Project Office
19/12/2020	Cheri Project	Project Office

FOR MORE INFORMATION : 2121 6000

SEASONAL INFLUENZA (FLU) VACCINATION PROGRAM FOR GENERAL POPULATION

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HEJO ZONES/AREAS

DATE	ZONES/AREAS	VACCINATION POST/SITES
7/12/2020	Zhukha MSS/Zhukha Nunery	Zhukha MSS/Zhukha Nunery
7/12/2020	T/Chodzong/D/Phadrang/Metrup	Respective Lhakhangs
8/12/2020	Zhukha	Zhukha MSS
9/12/2020	Hejo Village	Chorten Tsawa
10-11/12/2020	Upper Samtenling	Children's Park
12/12/2020	Lower Samtenling	Children's Park
14-16/12/2020	Jungghina	Jungghina Pry. School
18/12/2020	Pamtsho	Jungghina Pry. School
19-20/12/2020	Langjophakha	Lhakhang Pokto
21/12/2020	Dodeydra Shidra	Dodeydra Shidra


FOR MORE INFORMATION : 2121 6000

ประกาศเกี่ยวกับสถานที่บริการวัคซีนไขหวัดใหญ่

DATE 23/12/2020

IMPORTANT TOLL FREE NUMBERS/HELPLINE

Druk Gyalpo's Relief Kidu	1186, 1187, 1188
Public Service Call Center	1010
National COVID-19 Hotline	2121
Elderly Care/Medical Refill	6060
Health Help Centre (Medical Emergency)	112
Disaster Communication Helpline	999
Fire	110
Electricity	1250
Police	113
National Commission for Women and Children (NCWC)	1098
Financial Services - Royal Monetary Authority (RMA)	1255
Consumer Grievance, Office of Consumer Protection	1214
COVID-19 Phuentsholing	5555
Eastern COVID-19 Coordination Office, Dewathang	4141
Druk Gyalpo's Relief Kidu for Phuentsholing	1184



อัฟเดตสายด่วนในประเทศของส่วนกลางรัฐบาล

Daily SitRep No. Date **COVID-19 in Bhutan**

Pandemic Stage

Transmission Type Imported Sporadic Cluster Community

CONFIRMED

M F

ACTIVE

M F

RECOVERED*

M F

DEATH


M F


* Includes de-isolation and discharged cases


Surveillance (new in last 24 hrs)


Total Tested	RT-PCR	RDT
Quarantine	<input type="text"/>	<input type="text"/>
Community	<input type="text"/>	<input type="text"/>
Total	<input type="text"/>	<input type="text"/>


Things you can do during Lockdown



Meditate/pray


Cook together


Stay connected with your loved ones


Read books/ watch movies


Help with household chores


Exercise

www.health.gov.bt
www.facebook.com/MoHBhutan/
[@MoHBhutan](https://www.instagram.com/MoHBhutan)
[ministryofhealthbhutan_](https://www.youtube.com/channel/UC...)

HOTLINES
2121
6060

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www.facebook.com/MoHBhutan/
[@MoHBhutan](https://www.instagram.com/MoHBhutan)
[ministryofhealthbhutan](https://www.youtube.com/channel/UC...)

Templates สำคัญต่างๆที่ใช้ในช่วงล๊อคดาวน์

10 Steps to Shop Safe

- 1** DO NOT go shopping if you are sick
- 2** Prepare a shopping list
- 3** ONLY one person per family is allowed
- 4** Ensure proper use of face mask
- 5** Wash/sanitise your hands before entering the shop
- 6** Scan me QR code or register in the logbook
- 7** Maintain physical distance of at least 1 meter
- 8** Touch only what you want to buy
- 9** Use e-transaction as far as possible
- 10** Wash/sanitise your hands once you reach home

ཉེན་སྲུང་དང་ལྷན་ས་སྤྱོད་ཉེ་ཚོང་འཐབ་ནིའི་གོ་ངེས་ 10

- 1 རང་ཉེན་བ་ཅིན་ཉེ་ཚོང་འཐབ་པར་འགྲོ་ནི་ལམ་འཛོལ་དགོ།
- 2 ཉེ་ཚོང་ལྷན་ས་འཐབ་ཐོ་བཅོམ་དགོ།
- 3 ལྷན་ས་འཐབ་པའི་ལུགས་ཀྱི་འགྲུབ་པ་ལྷན་ས་འཐབ་དགོ།
- 4 ལ་ར་ས་སྤྲུལ་དང་ལྷན་ས་སྤྱོད་ལག་ལེན་འཐབ་དགོ།
- 5 ཚོང་ཁང་ནང་ལོངས་འབྲེན་གྱི་མ་ལག་ལ་འཇུག་དགོ།/ ལག་ལ་འཕུར་སྤྲོན་ཇེ་ས་ལག་ལེན་འཐབ་དགོ།
- 6 འགྲུག་ལེ་མི་ཇི་ས་ལུགས་ཀྱི་ནང་པར་བཀལ་དགོ།/ འགྲུག་སྤྲོད་ཐོ་དེ་བ་ནང་ལུ་ཐོ་ལ་ཀོད་འཐབ་དགོ།
- 7 རང་དང་གཞན་གྱི་བར་ན་མི་ལཱ་ 1 ལྷི་མ་སྤོང་བཞག་དགོ།
- 8 རང་ལུ་དགོ་མི་ཚུ་རྒྱུང་ས་ཅིག་ལག་ལ་གིས་འདྲོག་ལ།
- 9 ག་དེ་དཀར་ལྷག་ཡོངས་འཐབ་ཐོ་ག་གི་དང་ལུ་སྤྲོད་ལེན་གྱི་ཞབས་ཚུ་ག་ཚུ་ལྷོད་དགོ།
- 10 ལྷི་ས་ནང་ལོག་སྤོང་པ་ཅིག་རྒྱ་དང་རྒྱུང་ལེབ་བཀལ་སྤྱོད་ལག་ལ་འཇུག་དགོ།

FOR MORE INFORMATION : HOTLINE 2121 6060

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ໄປລີວຣນຣຸງກ໌ການຊື້ຂອງຂອງຢ່າງປອດກັບຜ່ວງຄັອກດາວນ໌

Elderly

stay home to protect yourselves

For a healthy immune system, eating well and staying active are essential

It is advised to meet only immediate family members.

Instead of going out yourself, get others to help you.

Wear a mask if going out is unavoidable

If you are sick keep yourself away from the elderly.

Help elderly with their essential needs.

Things you can do during Lockdown

Meditate/pray

Cook together

Stay connected with your loved ones

Read books/watch movies

Help with household chores

Exercise

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ການດູແລ່ຜູ້ສູງອາຍຸຜ່ວງຄັອກດາວນ໌

ཁྱོད་རང་གི་གཞུགས་ཁམས་འཕྲོད་བསྟེན་འདི་ ཁྱོད་རང་འགན་ཁུར་ཞིན།
YOUR HEALTH, YOUR RESPONSIBILITY
འཕྲོད་བསྟེན་ཕན་ཕའི་འབྲུག་ཡུལ་གྱི་དོན་ལཱ།
TOWARDS A HEALTHY DRUKYUL

1

ཨ་རྟག་རྒྱུ་མཐའ་སྐར་རམ་ 30 ཇི་རིང་ ལུས་སྤྱོད་འབད་དགོ།
Exercise regularly for at least 30 minutes

2

འབྲུམ་འབྲུམ་ལ་ ལག་པ་རྒྱུ་ལེག་བཟབ་སྟེ་འཇུ་དགོ།
Wash hands frequently with soap and water

3

མི་མང་འཛོམས་མའི་མགོ་སྒྲིལ་ ཁ་རམ་ལག་ལེན་འཐབ་དགོ།
Use a face mask in crowded places

4

སྒྲི་འཁོག་ ཨག་ཚེ་རྒྱབ་ལ་ཅིན་ ཁ་དང་རྒྱུ་ལ་སྤུབ་དགོ།
Cover your cough or sneeze

5

ཁྱོད་རང་གི་ མེས་མ་ཁམས་འཕྲོད་བསྟེན་བདག་འཕྲོད་འབད་དགོ།
Take care of your mental health

6

ལཱིས་སྤྱོད་ལཱ་ལ་ 5 ཇི་རེ་ཚང་ལའི་ རས་བཟུང་ཕུན་ཕའི་བཞིམ་སྤྱོ་ཐ་དགོ།
Eat a healthy diet that includes all 5 food groups

7

རྒྱུ་མཐའ་ ལྷོ་ཚེད་ 6 དང་ 8 ཇི་ལར་རྒྱུ་ལ་སྤུབ་དགོ།
Sleep for at least 6-8 hours

8

ཚོད་དང་ རྩམ་ དེ་ལམ་ གྲ་རམ་ཚུ་ མང་ལབ་རྒྱབ་དགོ།
Reduce intake of salt, fat and sugar

9

བཟུང་མེད་བཞིམ་སྤྱོ་སྤྱོད་དགོ།
Say NO to junk food

10

ཚང་དང་ ཉམ་ཁུ་ དེ་ལམ་ རྟོག་མ་ཚུ་སྤྱོད་དགོ།
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 Issued in the public interest by the Ministry of Health and WHO Bhutan

ཁྱོད་རང་གི་གཞུགས་ཁམས་འཕྲོད་བསྟེན་འདི་ ཁྱོད་རང་འགན་ཁུར་ཞིན།
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Reduce intake of salt, fat and sugar

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Say NO to junk food

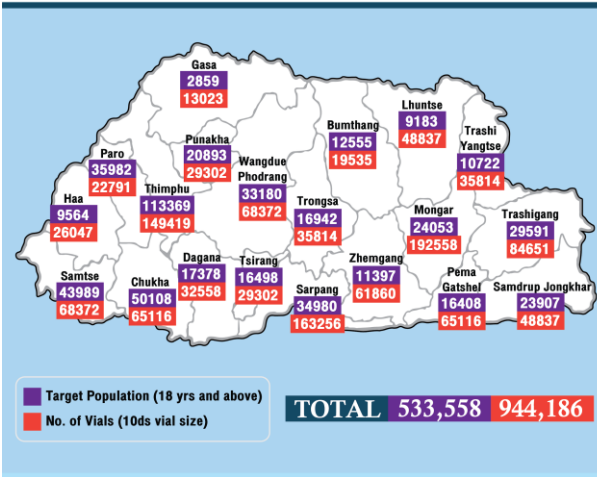
10

ཚང་དང་ ཉམ་ཁུ་ དེ་ལམ་ རྟོག་མ་ཚུ་སྤྱོད་དགོ།
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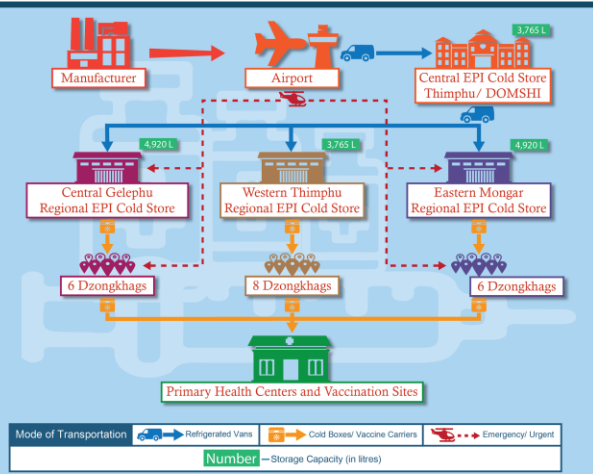
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Redesign โปสเตอร์สำหรับสถานที่ต่างๆ

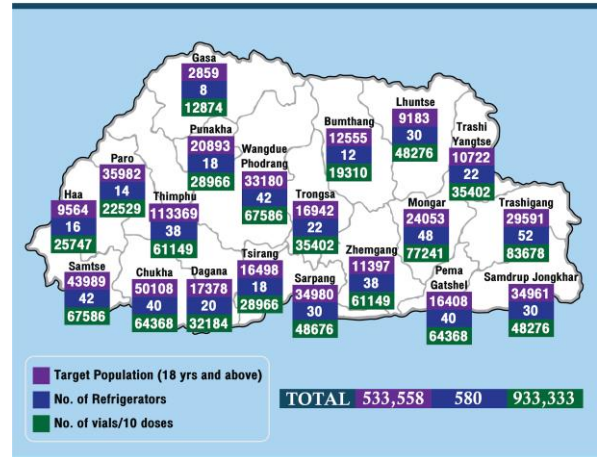
DZONGKHAG WISE TARGET POPULATION & STORAGE CAPACITY



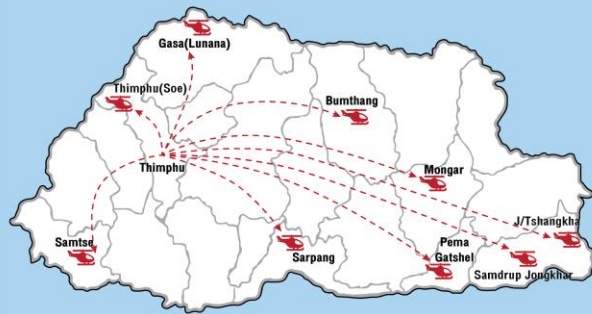
VACCINE DISTRIBUTION MECHANISM



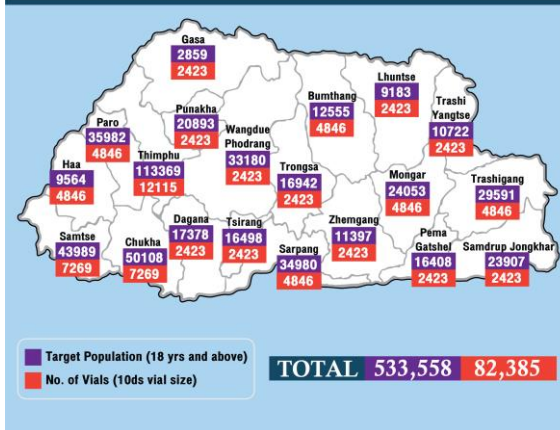
DZONGKHAG WISE TARGET POPULATION & AVAILABLE STORAGE CAPACITY



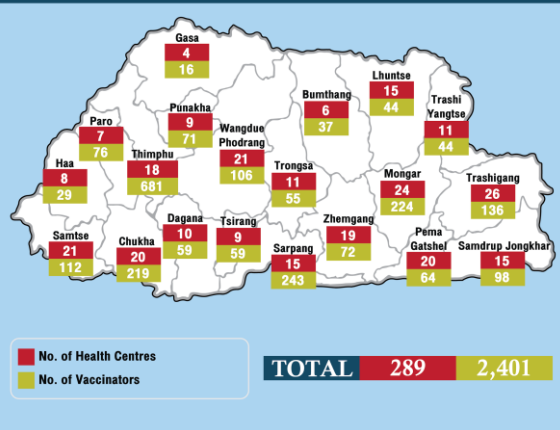
HELICOPTER SERVICES FOR VACCINE DEPLOYMENT (-70 DEGREE)



DZONGKHAG WISE TARGET POPULATION & AVAILABLE STORAGE CAPACITY (-20 DEGREE)



DZONGKHAG WISE NUMBER OF HEALTH CENTRES AND VACCINATORS



การจัดทำอัปเดตข้อมูลเกี่ยวกับวัคซีน COVID-19 ในภูฏาน

"I am getting vaccinated, Are you?"

The COVID-19 vaccine will be made available to all population 18 years and above residing and working in Bhutan except:

- Person(s) below 18 years of age
- Pregnant women and breastfeeding mothers
- Person(s) with history of severe allergic reaction to any vaccine including the AstraZeneca (Covishield) and other COVID-19 vaccine

The vaccine will reduce your risk of getting the infection and help in stopping the spread of COVID-19.

However, It's still mandatory to:

- Wear a facemask
- Wash hands
- Keep distance

"Our Gyenkhu to protect ourselves and our nation"

FOR MORE INFORMATION: 2121 6060

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"I am not eligible for vaccination, yet I shall always practice preventive measures diligently to protect myself, my families, my community and my nation."

The COVID-19 vaccine will be made available to all population 18 years and above residing and working in Bhutan except:

- Person(s) below 18 years of age
- Pregnant women and breastfeeding mothers
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โปสเตอร์รณรงค์เกี่ยวกับการรับวัคซีนของประชาชน

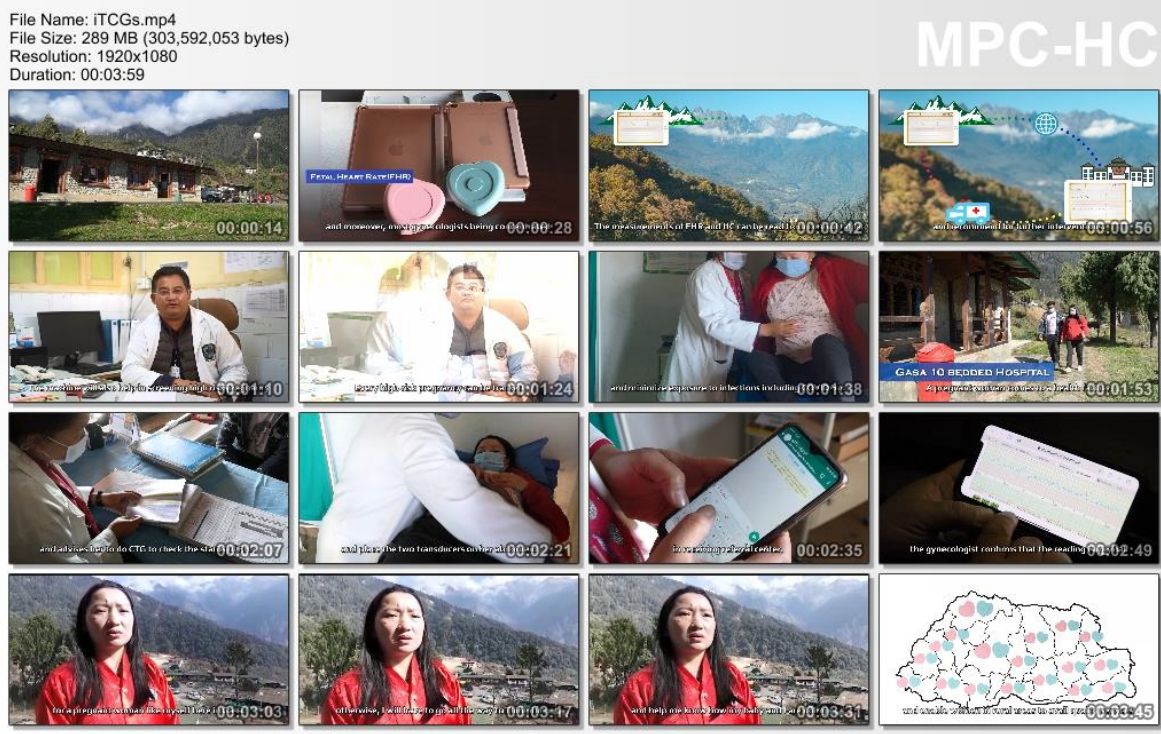
THIMPHU THROMDE				JOWNRH CATCHMENT			FOR EMERGENCY TRADITIONAL MEDICINE SERVICES		
HEALTH FOCAL	ZONE	NAME OF SHOP	SHOP OWNER	FOCAL POINT	ZONE	NAME OF SHOP	CONTACT PERSON & NO.	HEALTH FOCAL	CONTACT NO.
Tobwang Dorji	HM (The Throm)	Yang General Shop	Musi Musi Fat	Somthing	Bonka Ho Groceri shop	Bonka Ho	1771747		
17117901	Okaka	Grocery Shop	Soma	Bulawa Lamang	Ugen T Zangmo Takroglhang	Ugen T Zangmo	1772146		
CHANGJALA THROMDE HEALTH CENTRE									
	Changjale	Lucky Place	Fahring Wangmo	Bulawa Lamang	Arta Takroglhang	Chapel Lobsar	1761906		
	Changjale Intra Hall	Alpha Mart	Open Future	Thaka Bay	New General Shop	Chapel Lobsar	2200062		
	Changjale	Ugen Tera Takroglhang	Tahring Sema	Takroglhang	MAMS Enterprise	Namda Patsen	1761460		
Rachal Dabal									
	Changjale	Kalen Enterprise	Pema	Norchi Tag	Namgy Pharmacy	Kinley Dorji	1764223		
17699951	Midhang Bidi Branch	PK Mini Mart Grocery Dairy Product	Sakye	Norchi Wog	Mosay Pharmacy	Ngima Wangchuk	1768863		
MIDHANG THROMDE HEALTH CENTRE									
	Lower Midhang	Sarbeni Groceri Grocery store	Tashi Ugen	Upper Changjale	Green Organic Valley	Pasha Tsomo	1760603		
	Upper Midhang	Techin's Tachen General Shop	Tshame	Lower Changjale	Changjale Pharmacy	Yeshi Dargmo	1766633		
	Chang Kharlo	Techin's Tachen & Liquor shop	Tsada	Changjale	Norchi Wangmo Takroglhang	Sange Wangmo	1762817		
	Changjale	Six Brothers Grocery Shop	Rangpa Rin	Changjale	YHSS Library	Sonam Dali	1773913		
Smoggy Wangchu	Upper Samtening	Techin Mart	Chen Dorji	HIC	Low General Shop	Pungpa Chaki	2267769		
17696680	Zhaka	Ugen Takroglhang	Ugen Choten	Dabul	Changjale Grocery Shop	Changjale	1772936		
HEAO THROMDE HEALTH CENTRE									
	Lower Samtening	Likha Groceri	Likha Chaki	THIMPHU DZONGKHAG					
	Lungphelma	Alma Shop	Kinley Yangden						
	Hep	Hep Mart	Wangmo						
	Purbho	Namda General Shop	Jamjang Choden						
	Jangjale	Jyima Takroglhang	Migmo Tshering						
Dr. Ranggya Phachoo	Lower Taka	Tayang General Shop	Mangal Singh	Bamgya Dama	MALZHONGCHEN PRIMARY HEALTH CENTER	Kinbes	1712029		
17418961	Upper Taka	Taka Store Shop	Dorji Phuntsho	Chenka Namgye	HEALTHY PRIMARY HEALTH CENTER	Hungpa	1712041		
DORCHENCHOLING HOSPITAL									
	Upper Dorchencholing	Phusum Vegetal Takroglhang	Karma	Upper Dorji	CHAMKANG PRIMARY HEALTH CENTER	Changjale	1763616		
	Lower Dorchencholing	Rikop Takroglhang	Sangey Dorji	Chaki Dondup	CHAMKANG RHP DISPENSARY	Changjale Central Jali	1773331		
				Suk M. Tshup	GENEKA PRIMARY HEALTH CENTER	Gendro	1712927		

FOR MORE INFORMATION: 2121 6060

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ข้อมูลการรับบริการทางการแพทย์ในช่วงล็อกดาวน์

ภาพผลงาน Audio Visual บางส่วน



Introduction of iCTG Machine



National Anthem on World Disability Day

File Name: PM message on Disability Day.mp4
File Size: 534 MB (560,467,011 bytes)
Resolution: 1920x1080
Duration: 00:07:12

MPC-HC



Prime Minister Message on World Disability Day with Sign Language

File Name: Tribute video for Her Majesty.mp4
File Size: 205 MB (215,625,173 bytes)
Resolution: 1920x1080
Duration: 00:02:48

MPC-HC



Tribute video for Her Majesty on World Disability Day

File Name: Sequence 02.mp4
File Size: 129 MB (135,289,783 bytes)
Resolution: 1920x1080
Duration: 00:01:42

MPC-HC



Leugong on National Day

File Name: Medicine refill video.mp4
File Size: 201 MB (210,947,149 bytes)
Resolution: 1920x1080
Duration: 00:02:46

MPC-HC



Medicine refill video During Lockdown

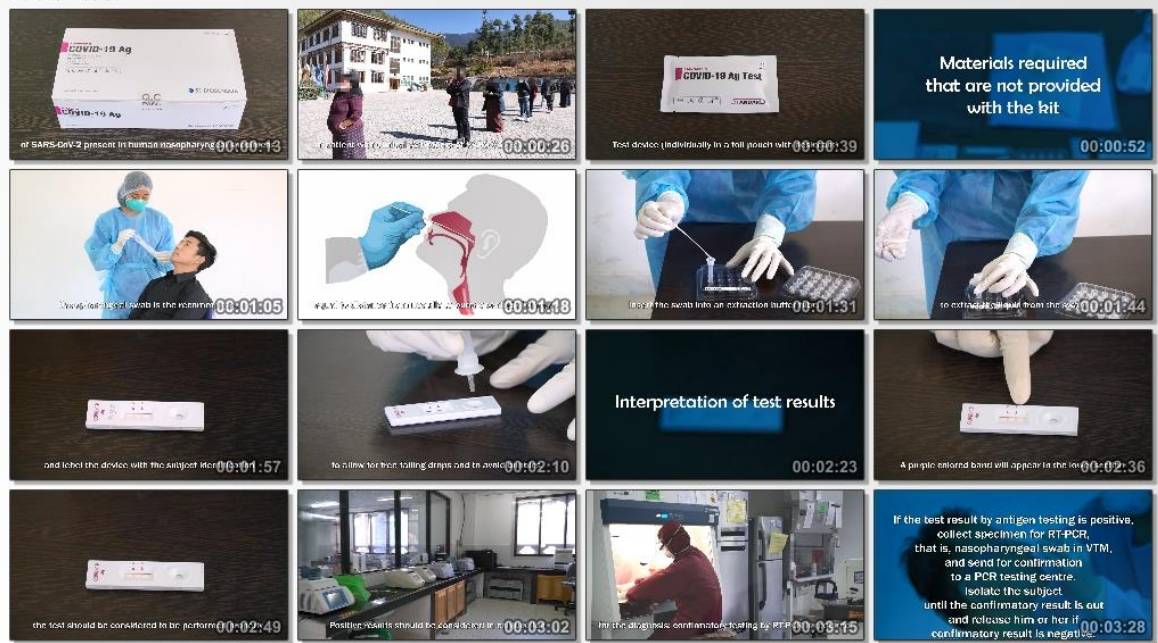
File Name: IgM- IgG Combo kit.mp4
 File Size: 232 MB (243,274,435 bytes)
 Resolution: 1920x1080
 Duration: 00:03:15

MPC-HC



File Name: Ag Test.mp4
 File Size: 268 MB (281,963,615 bytes)
 Resolution: 1920x1080
 Duration: 00:03:41

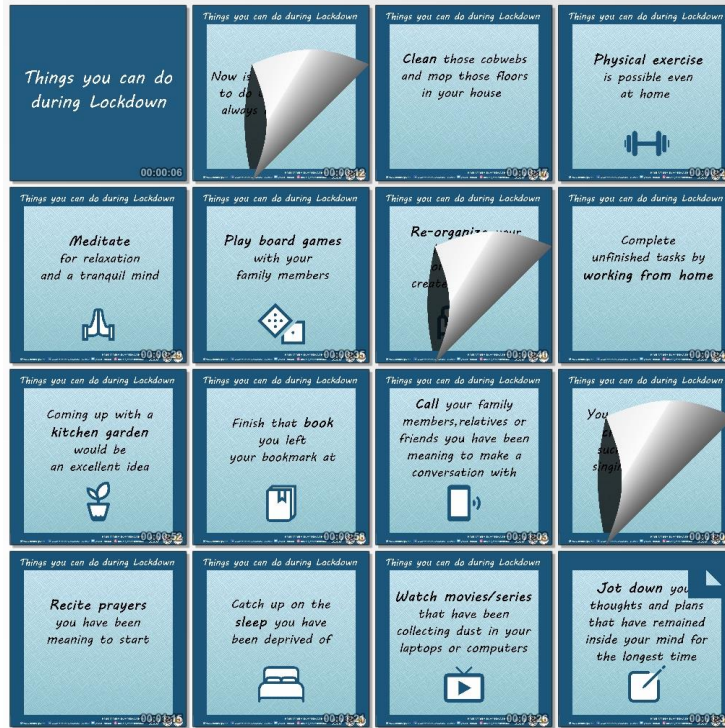
MPC-HC



วิดีโอสาธิตการใช้ชุดตรวจโควิดที่ทำร่วมกับ RCDC

File Name: ThingsYouCanDoDuringLockdown.mp4
 File Size: 129 MB (135,538,970 bytes)
 Resolution: 1920x1920
 Duration: 00:01:38

MPC-HC



File Name: Mandatory use of facemask video.mp4
 File Size: 52.5 MB (55,068,815 bytes)
 Resolution: 2000x2000
 Duration: 00:01:22

MPC-HC



วิดีโอแอนิเมชันคลิปประชาสัมพันธ์ด้านต่างๆช่วงล๊อคดาวน์