

# ICAO APAC Regional Office

## Health and Safety Information for Meeting Participants

### PERSONAL RISK ASSESSEMENTS:

1. Participants should strictly **not attend** meetings if they are unwell, have a runny nose, sore throat, headache, muscle pain, fever, cough, or any other respiratory symptoms; as well as any gastrointestinal symptoms such as nausea, vomiting or diarrhea.
2. Meeting participants are advised to conduct their own personal risk assessment when choosing to attend in-person meetings. The following conditions may put you at greater risk of serious complications if affected by COVID-19:
  - Hypertension
  - Obesity (BMI equal to or greater than 30)
  - Chronic lung diseases (including, but not limited to, severe asthma)
  - Diabetes, type 1 and 2
  - Cardiovascular diseases
  - Cancer or history of cancer, even if in remission
  - Severe liver or kidney disease
  - Pregnancy
  - Conditions or treatments that may affect immunity
  - Age, 60 years old and above
  - Other conditions or treatments as recommended by your treating physician
3. Participants are advised to have health insurance coverage for your stay in Thailand and bring an adequate supply of routine medication or other medical supplies as needed.

### PREVENTION AND PERSONAL PRECAUTIONS:

1. Participants are recommended to wear a medical mask that always covers the nose to under the chin during the meeting and inside the ICAO building premises, except when you take the floor to speak in the respective conference/meeting room.
2. In case of symptoms of cough or fever, difficulty breathing, sudden loss of smell or taste without nasal congestion, or any other symptom associated with COVID-19, **please do not come to the ICAO APAC Regional Office**. In addition,
  - o Participants are advised to perform a rapid test as soon as possible. If you do not have access to a rapid test, you must self-isolate.
  - o If you have a COVID-19 positive test result, you must inform the meeting organizer and **not attend the meeting in person**.
3. If you have been in close contact with a COVID-19 case, please self-monitor and practice DMHT (distancing, mask, handwashing, testing) for 5 days.
4. If you become unwell during a meeting, immediately notify the Organizers of the meeting, or any ICAO personnel on site.

### PERSONAL ACCOUNTABILITY COMMITMENT:

All meeting participants agree to abide by and engage in the required health-and-safety measures while on ICAO premises. This includes, but is not limited to, all the measures mentioned above as well as any circumstances not covered by these guidelines, which may be subject to special consideration and stipulations, as deemed appropriate.