MEDICAL MANUAL

FOR THE

UNITED STATES

PEACE CORPS

IN

THAILAND

REVISED MAY 1969

TABLE OF CONTENTS

	PAGE
MEDICAL CARE/FACILITIES/SERVICE	1
PC/Thailand Medical Staff	1
Medical Offices	1
Emergencies	1
Communications	2
Routine Medical Care	3
Upcountry Medical Care/Hospitals	4
Medical Evacuations	6
Travel & Medical Expenses	6
Doctors Site Visits	6
Traveling Out of Thailand	6
Insurance	7
Medical/Dental Kits	8
A RATIONAL APPROACH TO GENERAL HEALTH HAZARDS	11
Food and Water Preparation - A Proper Perspective	11
Medications to Beware of - Indications and Contraindications	13
Accidents - The Rationality of Self-Protection	14
Bites and Scratches - The Reality of Rabies	14
SPECIFIC MEDICAL CONDITIONS AND IMPORTANT INFORMATION	17
Abrasions	17
Abscesses	17
Acne	17
Allergy	17
Antibiotics	17
Appendicitis	17
Athletes Foot	18
Backache	18
Blisters	18
Bloody Nose	18
Burns	18
Cholera - See "Diarrhea"	
Cold sores/Canker sores	19
Colds	19
Contact Lenses	19
Constipation	19
Coughs	20
Dengue Fever	20
Dental	20
Diarrhea	20
Ear Infections	22
Eye Problems	22
Fever	23
First Aid - Principles	23
Food Poisoning	23
Fungal Infections	23
Heat Tolerance	24
Hemorrhoids	24
Hepatitis, Infectious	24

	PAGE
Hiccups	25
Influenza	25
Jock Itch - See "Fungal Infections"	
Lacerations	25
Laryngitis	25
Malaria	25
Menstrual	26
Muscle Ache	26
Parasites	26
"Pot", Narcotics, Hallucinatory Drugs	27
Pregnancy and Contraception	27
Psychologic Problems, "Hang-ups", Culture Shock	27
Sinus	27
Snake Bites	28
Sore Throats	28
Sprains and Strains	29
Tetanus Shots	29
Urinary Problems	29
Vaginal Discharge	29
Venereal Disease	30

MEDICAL CARE/FACILITIES/SERVICES

PC/Thailand Medical Staff

		Home Address	Home Phone
Doctors:	Ronald G. Wilson, MD	64 Charoen Chai Off Soi 63(Ekamai) Sukhumvit	913714
	James C.O. Harris, MD	59 Soi Kolit Phyathai Road	815942
Nurse:	(Mrs.) Nuanchan Phiendhum, RN	110 Pibulwattana Bldg. Rama VI, Samsen	71447

Medical Offices

	Address	Telephone
Bangkok Office:	42 Soi Somprasong 2 Petchburi Road	54254, 54255, 54256
Office Hours:	Monday-Friday 7:00-4:00 Saturday 9:00-12:00 Excluding certain Thai and American holidays	
Khonkaen Office:	244/1 Lang Muang Road (Mail: P.O. Box 29)	6762
Office Hours:	Dr. Harris or Dr. Wilson will usually be in this office at the end of each month. A schedule will be sent to the Northeast Volunteers.	

Medical Emergencies

Notify your Peace Corps Physician immediately. If the emergency occurs at night or on a weekend, contact the physician-on-call whose name will be posted at the Peace Corps office and will also be known by the Marine Guard at the American Embassy (Telephone: 59800).

In the event that you are unable to get in touch with one of the doctors or nurse for an emergency, you are authorized to proceed directly to either of the following hospitals:

Mission Hospital (Seventh Day Adventist Mission Hospital)	430 Pitsanuloke Road (where Petchburi Road divides to become Pitsanuloke and Lan Luang Roads at railroad tracks) Telephone: 811422
Fifth Field Army Hospital	Between Soi 63 and Soi 65 Sukhumvit Road Telephone: 910880, 910848 910227, 910577 (For acute emergencies and ambulance service only 910268).

Evacuations in-country:

If an emergency situation develops that requires evacuation, be sure that you -- or whoever acts in your behalf -- sends accurate and detailed information about your medical condition via phone, radio, or cable to the Peace Corps Physician. Always give us a name, telephone number and/or address to which we can respond, even if you have left the site to come into Bangkok on your own. Decide what is the most expeditious means of evacuation and initiate it accordingly with your communication to us. If you require a special military air evacuation (which may take up to 6-12 hours to effect) be sure to give us your exact location. If you have a Thai Airways flight available, you are authorized to use it in an emergency. If you are able to come to Bangkok on your own, give your estimated time of arrival and means, e.g. taxi, train, bus or plane. If a telegram is the fastest method of communication, it should be worded for efficient and immediate action, along the lines of the following example:

PEACECORPS BANGKOK URGENT FOR MEDICAL
JOHN JONES IN JEEP ACCIDENT SUSTAINED CLOSED FRACTURE LEFT THIGH
DID NOT LOSE CONSCIOUSNESS CONDITION SERIOUS LOCAL DOCTOR SUGGESTS
IMMEDIATE EVACUATION TO BANGKOK NO AVAILABLE TRANSPORTATION AWAIT
HELICOPTER OR WORD AT LOEI PROVINCIAL HOSPITAL CONTACT CAPTAIN SOMCHAI
AT LOEI BY BORDER POLICE RADIO
JONES

Remember that the office is closed nights and weekends. At that time emergency phone calls or telegrams should be sent to the doctor's home or to the Marine Guard at the American Embassy: Telephone: 59800.

Communications with Peace Corps Physicians

Telephone: Long distance telephone calls are frequently unreliable and slow, but they are improving every year. You should evaluate telephone communications between your town and the Medical Office before any emergency arises. Then you know if you can rely on it. U.S. and Thai military phones, Border Police phones and Railway telephones can all be considered.

Telegrams: These are fast, reliable, cheap and are usually the preferred method. Cable address is PEACECORPS BANGKOK FOR MEDICAL ("FOR MEDICAL" telegrams remain confidential.) The cable should include the following information when applicable:

(1) Your name (put this in the body of the telegram as the signature is usually not transmitted)

(2) Your location (to where do we reply).

(3) Description of illness, as accurate and detailed as possible.
  (a) Onset and duration of each symptom
  (b) Severity of symptoms:
    if diarrhea, how often? with blood? mucus?
    if vomiting, how often, contents, color, could you keep oral medicine down?
    if fever, how high? when? chills?
    if accident, give details of injury; loss of consciousness
    if fracture, open or closed?

(4) Condition: Critical? Serious? Stable? Fair? Good?

Letters: For the non-emergency and when time permits, letters are the preferred method. Letters allow for maximum confidentiality when this is desirable.

Routine Medical Care

Your Peace Corps Physicians are primarily responsible for your medical care while you are PeaceCorps Volunteers in Thailand. To this end, we provide you with an incountry medical orientation relevant to you and Thailand; a vigorous immunization program, the schedule of which follows; an annual and termination dental examination an annual medical checkup; a complete termination physical examination; eyeglasses and eye examinations as needed; and, of course, medical care for your illnesses while in-country.

Immunizations

The immunizations provided are as follows:

Gamma globulin	-	every 4-6 months
Cholera	-	every 4-6 months
Typhoid	-	every year
Smallpox	-	every year
Rabies DEV	-	6 months after training immunizations and as needed for exposure.

When your immunizations are due, you may receive them from:

a) the Peace Corps Physician on a field trip
b) the Peace Corps Physician or nurse at a conference
c) the Bangkok Peace Corps Medical Office
d) the Chiengmai Provincial Hospital ("Suan Dorke Hospital"), in the Department of Preventive and Social Medicine, see Dr. Kriangsak Srinuet.
e) the Haadyai Seventh Day Adventist Mission Hospital

You are required to have your yellow WHO Health Card when receiving immunizations.

Remember that your WHO card may save your life. Thai health authorities carry out spot checks and immediate immunizations on the road for cholera. These mass innoculations are not performed under the moststerile techniques and hepatitis in a definite risk. The up-to-date WHO card showing that you have already been immunized will protect you. Carry it with you whenever you travel!

Up-country Medical Care

Physicians:

There is an abundance of good medical care available outside Bangkok. We prefer that you go to a hospital rather than see a local physician. While Thai physicians may have excellent training, the great majority of medical practitioners are not acutally licensed physicians, and many may be cultists or individuals with inadequate training who simply call themselves doctors.

Illness Report Forms

It is absolutely mandatory that you ask any physician who may be treating you what his diagnosis is, and the names of any drugs he may prescribe. Always use the Illness Report Form. These reports are important as they

(1) enable us to coordinate your health care,
(2) provide us with the exact diagnosis and treatment,
(3) are mandatory if you would ever file a compensation claim referable to an illness or injury received during Peace Corps service,
(4) are necessary to reimburse you or the physician who treated you for services rendered, and
(5) are necessary to reimburse you for travel and medical expenses.

Hospitals

You are entitled to emergency care at any U.S. Military Hospital, but frequent visits there for minor ills may seriously jeopardize our good relationship Except at the Mission Hospitals, you may be asked to pay for hospital costs yourself. You should do so and send the bill to Peace Corps Medical in Bangkok. Military hospitals may ask to see your Peace Corps I.D. Card.

The following hospitals are recommended:

1. Central Region: Manorom Hospital (near Chainat)

2. Northern Region:

American Mission Hospitals
Chiengmai - McCormick Hospital
Chiengrai - Overbrook Hospital

Thai Provincial Hospitals
Nakorn Sawan
Pitsanuloke
*Chiengmai ("Suan Dorke")
Lampang

3. Northeast Region:

USAF Field Hospital or Dispensary
Korat
Udorn
Ubol
Nakorn Phanom

*Has Peace Corps Immunizations available

Thai Provincial Hospitals
Khonkaen
Loei
Korat
Buriram
Ubol
Roi-Et
Chaiyaphum
Sakol Nakorn
Surin

4. Southern Region:

American Mission Hospitals
* Haadyai - Seventh Day Adventist Hospital
Phuket - Seventh Day Adventist Hospital
Saiburi - Christian Hospital

Thai Provincial Hospitals
Phuket
Songkhla
Nakornsrithammaraj
Surat
Pang-nga

Other Thai Hospitals
Trang Songkrogh Hospital
(Private hospital of Dr. Wisut)

Laboratory

All of the above hospitals can do a wide range of lab tests, and most provincial hospitals (even the small ones) can do simple lab work like blood tests, urinalysis and stool exams. Especially with respect to the latter tests, you should feel free to have this kind of exam done if you think necessary and notify us of the results (and costs, we'll reimburse you). We can then treat you.

Hospitalization

If you are hospitalized, always notify the PeaceCorps Medical Office immediately giving the place, the doctor's name, diagnosis, treatment, and condition. The above hospitals can very adequately manage most medical illnesses, injuries and short-term hospitalizations. For any major problems, we will arrange immediate transport to better equipped hospitals in Bangkok.

Surgery

When surgery is indicated, it will usually be performed at the Seventh Day Adventist Mission Hospital in Bangkok or the Fifth Field Army Hospital in Bangkok. You should not undergo surgery outside of Bangkok except in case of very extreme emergency.

* Have Peace Coprs immunizations available

Medical Evacuation

Occasionally it may be necessary medically to evacuate a Peace Corps Volunteer from Thailand to another, better equipped hospital, usually in the Philippines or the United States. Commercial aircraft are nearly always used and occasionally one of the doctors goes along to take care of arrangments. Such an evacuation for medical evaluation does not mean you will not be able to return to Thailand. Many Volunteers have done so.

Travel and Medical Expenses in Bangkok

All travel expenses for medical reasons are paid for by the Peace Corps Medical Department. While you are in Bangkok on medical business you will receive per diem. If a special diet is medically required, you may receive an extra allowance for it.

Whenever you leave your site, it is your responsibility to notify your immediate Thai superior and your Regional Office. The medical department will not do this for you. We can provide a letter for you to return to your Supervisor stating that you were absent from work for medical reasons.

Doctors' Site Visits

The main support in your site will be from regular staff visits. We will supplement these by routine visits whenever possible. On our visits we may evaluate the site in general, inspect the conditions under which you are living, and discuss any specific problems you may be having. We will try to speak with each of you individually. Should any local problem arise which you would like to see us personally about, you may write, wire or telephone at any time requesting a visit.

Travelling on Leave Out of Thailand

If you become ill while in any neighboring countries, you can obtain aid from any Peace Corps medical office, most U.S. Military Hospitals, and from U.S. Embassy doctors. For obvious reasons, when you travel you should carry your Peace Corps I.D. Card. If your illness is serious, please make sure that we are notified as soon as possible.

Below is a partial list of facilities:

India:	New Delhi and Calcutta have Peace Corps physicians. Bangalore, Bombay, Hyderabad have locally hired Peace Corps physicians.
Indonesia:	Jakarta, Embassy Doctor.
Laos:	Vientiane, Embassy Doctor.
Malaysia:	Kuala Lumpur, Peace Corps physician.
Nepal:	Kathmandu, Peace Corps physician.
Philippines:	Manila and Cebu City have Peace Corps physicians.
Singapore:	Glen Engles Hospital is recommended (not a U.S. Facility)

Insurance Claims

A. Post-Peace Corps Service Claims

Any illness or injury received during your Peace Corps service, requiring post-Peace Corps care, is compensable under the Bureau of Employees Compensation in Washington, D.C. All illnesses and injuries must, therefore, be documented in your medical record, and prior to your termination two forms, CA-1 and CA-2, covering such illness or injury, completed.

B. Post-Peace Corps Diagnostic Evaluations

Any Peace-Corps-Service-Connected medical problem will receive diagnostic evaluation at Peace Corps expense. Washington will, of course, determine whether the need for this evaluation is related to your service. It would be well, therefore, to contact the Medical Program Division, Peace Corps, Washington, D.C. 20525, before you launch into any expensive evaluation.

C. Post-Peace Corps Insurance

The day you terminate from the Peace Corps, its financial responsibility ends for any medical problem occuring after that time that is not a direct result of your Peace Corps service. This is most important. Many of you will return to the United States by an indirect route. Unless you have arranged for medical insurance which will specifically cover foreign travel, you will be financially unprotected during this period. We know of several terminated Peace Corps Volunteers who have received serious injuries on the way home. They were not insured. The financial loss was tremendous.

Information can be obtained from the Peace Corps Office concerning health and accident insurance for Peace Corps Volunteers returning from service overseas, offered by private firms. Such insurance must be handled by a Peace Corps Volunteer directly but may be paid for by a withdrawal from your readjustment allowance. Since withdrawals cannot be processed during your last three months of service, it is recommended that you look into this matter well ahead of your termination date. The cost is minimal: $14.00 for three months or $27.00 for six months.

PLEASE HEED THE ABOVE ADVICE.

Medical and Dental Kits

A. Medical Kits

We provide each PCV with a medical kit -- at a cost to the Peace Corps of about $35. You are expected to keep track of this kit throughout your tour and return at least the metal box to us at the end of your two years. This will be one of the items to be accounted for at your termination.

The medical kit includes some medications that should be taken only under a physician's orders. Because of the nature of your assignment you are being given instructions for self-medication within prescribed limits. Do not continue treatment beyond stipulated periods without medical consultation.

General warning: All pharmaceuticals have been known to cause allergic reactions in cases where the patient is sensitive to the product. The drugs in your kit have been chosen not only from their therapeutic effectiveness but also for their relative safety. If you have a known drug sensitivity, discuss it thoroughly with the physician.

Contents of the medical kit and directions for their use:

Actifed (Tripolidine & Pseudoephedrine) - For relief from colds, sinus congestion, and mild hayfever. Rx: 1-2 tabs three times daily as needed. (Precaution: do not take if there is a tendency for high blood pressure.)

*Antibiotic tablets (Aluminum hydroxide Trisilicate) - For the relief of stomach distress, "upset stomach", "acid stomach", "heartburn", etc. Rx: chew 2-4 tabs and swallow with water every 2-4 hours as needed. (Precaution: If symptoms continue over 4-5 days in spite of medicine and bland diet, see doctor. Also, if taken for a prolonged time, constipation may result.)

Antibiotic Ophthalmic (Eye) Ointment (eg. Bacitracin) - For the treatment of eye infections. Rx: Apply 2-4 times daily inside lower eye lid. (Precaution: Consult physician about eye infections and continued therapy as soon as possible. Do not use this medicine longer than 3-4 days without medical advice.)

Antibiotic Ointment or Cream (eg. Neosporin, Polymixin B, Bacitracin), general - For treatment of superficial skin infections and burns. Rx: Wash lesions well with surgical soap and boiled water, then apply ointment liberally and cover loosely with sterile bandage. Apply ointment 2-3 times daily as needed.

*Antibacterial Soap (Phisohex, "surgical soap" contains hexachlorophene) - For skin infections. Rx: Wash involved area 3 times daily, leaving soap on for 3 minutes before thoroughly rinsing with cool boiled water.

*Antifungal Ointment ("Whitfield's" - Benzoic & Salicylic Acid, "Desenex" - Undecylenic Acid Ointment) - For skin fungus infections. Rx: Apply very thin layer of ointment to affected area three times daily.

*Antifungal powder (Desenex or Zinc Undecate powder) - for skin fungus infections or prevention of same. Rx: Apply liberally.

*Aralen (chloroquine) - for malaria prophylaxis. Take 1 pink sugar-coated tablet weekly. If you are having diarrhea, break the tablet in two before swallowing to ensure absorption.

*Aspirin - for relief of headaches, aches, pain or fever. Rx: Take 2 tablets every 2-4 hours as needed. (Precaution: Do not take large doses of aspirin nor take tablets on a frequent dosage schedule over a long period of time.)

Benadryl (Diphenhydramine), an antihistamine - for the relief of allergic symptoms, hayfever, hives, colds. Rx: Take 1 capsule 3-4 times daily as needed. (Precaution: May cause drowsiness. Adjust dosage to minimize this side effect on individual basis and restrict activities which require muscle coordination and mental concentration (viz. driving).

Bismuth-Pectin-Paregoric (BPP) tablets - for diarrhea. Rx: 4-6 tablets every half-hour for four doses, then 4 tablets every 3-4 hours until diarrhea is controlled. (Precaution: If there is no improvement after 48 hours on medication, consult physician. If accompanied by continued severe abdominal pain after 5-6 hours on medication, consult physician without delay.)

*Calamine Lotion, phenolated and mentholated - for itchy rashes. Rx: Apply as needed to relieve itching. Do not apply if skin infection present.

*Cepacol throat lozenges - for relief of throat irritations. Rx: Take as needed. Consult physician if symptoms persist longer than 2-3 days.

Tyzine (Tetrahydrozoline) Nose drops - for nasal congestions. Rx: 2 drops every 3-4 hours as needed. (Precaution: use as sparingly as possible to prevent development of a nasal "dependence" on the drug.)

Vitamin tablets - to supplement diet when balanced diet cannot be maintained. Rx: 1 tablet daily.

Ace bandage

*Adhesive Tape

*Bandaids

*Gauze pads

*Gauze bandages

Illness Report Forms

*Insect Repellent

*Insecticide powder

MTF (stool specimen mailer) kits

Scissors

Thermometers (2) - 1 oral, 1 rectal. We suggest you mark the one for rectal use!

Water Purification Tablets

*Note: These starred items are available in the Regional Offices as well as the Bangkok Medical Office and can be replaced simply by writing for them. In addition to the starred items, the Regional Offices also have the frequently needed "Jock Itch Paint" and Kaopectate/ Paregoric solution.

Remember: This medical kit is for your **personal** use, to help you be your own doctor when necessary; it is not a medical license with which you may become the local practitioner!

B. Dental Kits

Using the materials in this kit daily will offer the highest level of protection against dental caries (tooth decay). Additional fluoride solution can be obtained from us. Reminder: use properly prepared water for brushing teeth.

A RATIONAL APPROACH TO GENERAL HEALTH HAZARDS

Perspective:

Living in Thailand is probably neither more dangerous nor more hazardous than living in the United States or any other country in the world. The hazards are simply different. The important point to note is that hazards (whatever they may be) may be minimized or maximized; the degree to which they are minimized or maximized is the degree to which we are willing to minimize or maximize the probability of sickness or injury.

It is simply a game of Probabilities! The compulsive health-conscious Peace Corps Volunteer who always follows all the health rules minimizes the probabilities of sickness (but could thereby compromise his effectiveness as a Peace Corps Volunteer), while the carefree, reckless Peace Corps Volunteer who throws caution to the winds, ignoring all health knowledge maximizes the probability of sickness (and could thereby compromise his health). Between these two extremes is the rational, cognizant, knowledgeable Peace Corps Volunteer who is willing to take the risk when it is worth it, but who rationally minimizes the risks and maximizes the probability of staying healthy and happy in Thailand.

Food and Water Preparation

1. Water Sanitation

Drinking water is a vehicle for many infections. Diseases in Thailand commonly borne by water include ascariasis (roundworms), cholera, bacterial and viral diarrheas, shigellosis (bacterial dysentery), fevers and typhoid fever.

In some areas bottled water is available, the purity of which varies with the source and even from day to day from the same source. However, it is safer to drink this water in most circumstances than untreated tap water. Most Thais recognize these dangers and you will usually by able to get clean (boiled) water if you ask. In the villages, many people drink coconut milk and some do have boiled water. Just ask for naam tom.

a. Boiling for approximately 2 minutes (i.e. vigorous, rolling boil). This is the best method of purification. It doesn't taste bad, it's guaranteed, and once you make it a habit you'll always have clean drinking water.

b. Chemicals

The proportions listed below will prepare safe drinking water, using clear water and allowing the mixture to stand after mixing for at least 15 minutes. If turbid water is used, double the quantities and the time. Multiplying by 10 will prepare water for cleaning raw fresh vegetables which should be soaked for 20 minutes in this solution, although this does not guarantee that all contaminating eggs or cysts will be killed.

(1) Iodine tables (in medical kit) - 1 tablet per quart.
(2) Chlorox - 8 drops per gallon (chlorox has 4-6% available chlorine).
(3) Tincture of Iodine - 5 drops per quart (2% U.S.P. Tincture of Iodine).

c. Ice may be infectious, if not made from purified water. Freezing water doesn't kill all germs.

2. Beverages:

Alcoholic beverages can be assumed to be safe. Most bottled soft drinks are safe but you should avoid the klong-water specials in plastic bags.

3. Vegetables:

Night soil is sometimes used for fertilizer in Thailand. Vegetables that may be fairly clean are handled extensively by unclean hands prior to your getting them. Frequently you can see local vegetable vendors wetting down their produce with klong water to keep them fresh and moist looking.

You can avoid contamination by following these rules. Unless you can boil it, cook it, soak it or peel it, don't eat it. Soaking in a concentrated solution (see sec. 1-b above) will kill most eggs. Peeling afterwards will remove the rest. Boiling is safest, of course.

Lastly, green leafy vegetables can never be totally disinfected by soaking because of the pores in the leaves. That means that the uncooked lettuce in a local restaurant is probably contaminated, and even after you soak it and scrub it, it still isn't totally safe.

4. Meats:

All meats, including beef, pork and fish, must be cooked well done to kill the worm eggs or parasites possibly present.

5. Local Specialities:

While most Thai dishes are well cooked and therefore safe to eat, there are a few exceptions. These are found mostly in the Northeast and to some extent in the North.

a. The Thai word for raw is dip.
The Thai word for cooked well-done is suk.

Dangerous Raw Foods.

(1) guey, popular raw fish dish (main risk: liver fluke)
(2) lap, spicy meat dish served with sticky rice. Tastes just as good cooked as raw, and is a lot safer (risk: tapeworm)
(3) Naem, pickled pork sausage. Really yummy, also is just as good cooked as raw (risk: tapeworm and trichinosis)
(4) Nam plaa, a fish extract which is then fermented. In most restaurants, it is obtained commercially and is probably quite safe, as opposed to
(5) plaa raa, sauce made from fermenting whole fish. Usually local or village manufacture, and manufactured unsanitarily (main risk: liver fluke)
(6) som tam, finely sliced unripe papaya which would be safe if served with nam plaa but is usually served with plaa raa.

Now you know the risks regarding food and drink: you can now make the choice. Most diseases are curable.

Medications to Beware of

It is important to know exactly what medications you take. Always ask the doctor the name of the drug before you take it and have the Illness Report Form completed listing the drugs and doses prescribed.

1. Chloramphenicol:

This is a powerful antibiotic which should be used only for very serious, life-threatening diseases such as typhoid fever, severe, uncontrolled diarrhea leading to shock, etc. It should not be given for colds, sore throats, gonorrhea, mild to moderate diarrheas, etc. It is a dangerous drug because it can, rarely, cause alterations in the bone marrow which could lead to an inability to produce new blood cells and, sometimes, death.

Chloramphenicol is a popular drug in Thailand because it is an excellent antibiotic with a broad-range of activity; it is cheap; and the adverse reactions mentioned above are relatively rare. There are, however, many excellent alternative antibiotics which are much safer. If a doctor wants to give you chloramphenicol for a condition that is not life-threatening, inform him that you have been instructed by Peace Corps not to take it and ask if there is another alternate drug you may take instead.

Chloramphenicol may be sold under such trade names as: Chloromycetin, Chloratrex, Chlorostrep, Enterocin, Kemicetin, Syntomycin, etc.

2. Injectable Medications:

There is a popular belief that a shot is always better than oral medications. This is not so. In fact, injections give a higher incidence of adverse reactions and allergic (hypersensitivity) reactions to the medicine. Injections may also introduce hepatitis and other infectious diseases when proper sterile technique is not utilized. For these reasons, injections should be used only:

(a) When oral medications cannot be taken (eg. due to vomiting, unconsciousness, etc.)

(b) When the medication required is available only as an injection (not prepared in the oral form, pill, syrup, etc.)

(c) When the patient is critically ill and high blood levels of medication are needed quickly, or

(d) When high blood levels of medication can only be obtained by injection. (i.e. oral doses cannot achieve adequate blood levels).

In particular, avoid injections of iron, calcium, vitamins, BCG, tetracycline (absorbed as well, if not better, by mouth than by injection), and tetanus antitoxin. Penicillin injections should only be received in hospitals or well-equipped physician's offices where resuscitation can be performed if a hypersensitivity reaction occurs.

When a doctor suggests an injection, ask if an injection is absolutely necessary or if you may take an oral medication instead. However, do not refuse necessary drugs when you are seriously ill.

Motor Vehicle Accidents

Motor vehicle accidents are potentially our greatest hazard in Thailand, PC/World has more Volunteers die in accidents than any other single cause: Thailand is overdue for its first Volunteer death due to a motor vehicle accident! We strongly urge you to heed the following recommendations:

1. If you have use of a scooter or cycle WEAR A HELMET!
   Head injuries are among the most common and are definitely the most fatal injuries received in cycle accidents. The risk of riding a cycle without a helmet is a risk not worth taking. IT IS FOOLHARDY NOT TO WEAR A HELMET WHEN RIDING A CYCLE'. A helmet will provide you with maximum protection against fatal head injuries.

2. DO NOT TRAVEL AT NIGHT IN ANY MOTOR VEHICLE. Sometimes this is difficult to avoid, but it makes sense. It is very difficult to see people, water buffalo, carts, wagons and others that travel without lights. Road conditions are such that night travel means you are taking an unnecessary risk.

3. Some bus lines have a reputation for being safer than others. Inquire. The safer may not be much safer, but any advantage you gain is worth it.

4. Use your head to minimize the risk of accidents whenever, wherever, however, possible. (eg. don't drive after a Mekhong party, sit in the middle or rear of the bus rather than the front "death-seat", etc. etc.)

Bites and Scratches

Dogs, cats, foxes, wolves, bats, rats, jackels, pigs, donkeys, monkeys, horses, skunks, etc., may carry rabies.

Bites from these animals convey the potential risk of rabies, a virus which attacks the nervous system and is 100% fatal. Most of you have received rabies immunizations. These are designed to give your immune mechanism experience with the virus and, therefore, theoretically give you a better chance of surviving a rabid animal bite. However, you may still receive the 14 day course of injections if you are bitten.

IF YOU ARE BITTEN - the procedures listed below should be followed:

1. Disposition of animal
   (a) Ideally, the animal should be captured alive, but this could be hazardous and not worth the risk. Try to recognize the animal; if domesticated, determine its home. A friend or neighbor may be helpful. The animal should be observed for ten days; if alive and well at the end of this period it did not have infectious rabies at the time of the bite.

(b) If the animal dies before the tenth day follow this procedure to bring the head into Bangkok:

1) The saliva of the dead animal is equally as infectious as that of a live animal. You should either wear gloves, wear plastic bags on each hand, or use instruments when handling it. Wash your hands well after any contact with it.

2) Cut off the entire head well below the jaw. (Brain and salivary glands are examined).

3) Place the head in a watertight container, such as a plastic bag or tin can.

4) Put the bag with the head into another bag or can that is watertight and fill the latter with ice (preferrably) or dry ice (2nd best). Either use enough ice to last for the whole trip, or make sure the ice gets replaced if necessary.

5) Telephone or telegraph the medical department stating how and when the animal will be arriving in Bangkok. Usually it is best for you to bring it in in person. You are authorized to use the fastest method of transportation, whether by land or air, commercial or military flight. TAKE THE DOG'S HEAD DIRECTLY TO THE SEATO LAB. They offer 24-hour service. The man in charge thereis Major Paul Smith, in the Rabies Laboratory at SEATO, telephone: 817777, ex 28.

(c) If the animal cannot be captured alive, either you or someone else should kill it and proceed as above with the head.

2. Care of wound

These wounds are automatically infected and should immediately be thoroughly cleaned with soap and water for 10 minutes and covered with a loose dry, sterile dressing, ie, Band-aid or larger dressing.

3. Notification

Notify the Peace Corps Physician as soon as the above is accomplished by the fastest available method, usually by telegram THIS MUST BE DONE FOR EVERY ANIMAL BITE. The telegram should include all the following information.

(1) Your name and address
(2) Date of injury
(3) Location of bite
(4) Severity of bite
(5) Description of animal; whether:
  (a) dog, skunk, monkey, etc.
  (b) domestic or wild
  (c) healthy or sick
(6) Can you observe animal for 10 days or not?

Here is a sample telegram:

JOHN JONES OF CHIENGMAI BITTEN AUGUST 1 SEVERLY ON BUTTOCKS BY WILD DONKEY THAT APPEARED ILL CANNOT OBSERVE PLEASE ADVISE

The only mistake in that telegram is that if the Volunteer had read his manual, he would not even have had to ask for advice but would have come right in. Any bite from an animal that can't be observed needs the vaccine treatment.

4. Type of Exposure/Treatment

Thai procedure concerning rabies treatment states that all bites must be treated with the Pasteur treatment (14 daily injections of a substance different from that which we use). The material used in this series produces a high incident of complications, including encephalitis. Therefore, we insist you notify us or the U.S. medical facility not the Thai authorities in order that you may receive the safer rabies duck embryo vaccine (DEV) treatment. We only authorize use of the Duck Embryo Vaccine. This can be given if you are allergic to it, but it must be done by us.

We will proceed in accordance with the World Health Organization's recommendations, summarized below:

(A) No Exposure:
If contact with the rabid animal has been indirect or if there has been only a lick on unabraded skin, no exposure is considered to have occurred and vaccine is not recommended.

(B) Mild Exposure:
If the exposure was mild, ie., a lick on abraded skin or on mucosal surfaces, or for single bites not on the head, neck, face or arm:

(1) If the animal is healthy at the time of exposure, withhold vaccine, but observe the animal for 10 days.
(2) If during the 10-day observation period, the animal is proven to to have rabies or becomes clinically suspicious, start vaccine immediately.
(3) If the animal has signs suspicious of rabies at the time of exposure, start vaccine immediately, but stop injections if the animal is normal on the fifth day after exposure.
(4) If the animal is rabid, if it escapes or is killed or if it is unknown, give complete course of vaccine. If the biting animal is wild, also give rabies anti-serum.

(C) Severe Exposure:
If exposure was severe (multiple bites or single bites on the head, neck, face or arm), the indications for giving vaccine are the same as in mild exposure (see (B) above). In addition, in every category, the administration of rabies anti-serum is recommended.

After reading all this, you should be coming to the conclusion that pets are not worth the trouble. Any number of PCVs have had to spend long painful hours getting the rabies series, just because they or their PCV friend had a cute pet. Be smart. If you still think that dog is man's best friend, and you want to be best friends, get your little beast to a veterinarian for shots as soon as it's weaned. We won't pay for it; but if you don't get it immunized you'll pay, but not in money.

NOTE: A kitten or puppy cannot be vaccinated until it is 3 months old. Thereafter, a cat requires annual booster shots and a dog requires one very six months.

SPECIFIC MEDICAL CONDITIONS AND IMPORTANT INFORMATION

Abrasions

Wash your hands, then pick out any dirt particles. Cleanse area with soap (preferably Dial or the surgical soap in kit) and boiled water; paint with hydrogen peroxide, tincture of iodine or merthiolate. Cover with loose , dry, sterile dressing (e.g., Band-aid). Use of antibiotic ointment in kit is optional.

Abscesses

Use hot soaks as often as possible but at least three times a day for 20 minutes with water as hot as you can stand. If abscess is on your back or on a similarly hard-to-soak spot, soaking may be done with a washcloth. Cleanse three times a day with soap (Dial or surgical) and water. If abscesses don't go away after this treatment, see a doctor. Some abscesses may require oral or injectable antibiotics; some incision and drainage by an M.D.

Acne

Wash your face regularly (3 times daily) with surgical soap and then wipe off with alcohol. Write in for Eskamel if you need it.

Allergy

This includes rashes, hives, sneezes and wheezes, itchy skin and hay fever. Antihistamines are the answer - Benadryl in your medical kit, one capsule every 6 hours.

Antibiotics

Antibiotics are frequently used indiscriminately throughout the world, including Thailand. Antibiotics are to be used specifically for bacterial diseases; they are useless in viral diseases (eg. colds, viral diarrheas, influenza, viral sore throats, etc.) and are useless in most parasitic diseases. Therefore, do not take them for these conditions. Do not take them on your own initiative! If you are sick enough to be taking antibiotics, you are sick enough to be under a doctor's care. They may cause serious adverse reactions. Notify us whenever you have been put on an antibiotic and give us the specific name of the antibiotic. Reminder: Beware of chloramphenicol. Also, don't refuse antibiotics when you are seriously ill.

Appendicitis

Typically, appendicitis begins with loss of appetite, pain in the umbilical region and may be accompanied by transient nausea and vomiting, infrequently diarrhea, followed in 6-12 hours by migration of the pain to the right lower abdominal area. The pain is continuous, dull or severe, and is accentuated by coughing, sneezing or jarring. The right lower abdominal area will be tender and there may be a slight fever (99-102). Frequently, however, the symptoms will not be so typical. When appendicitis is suspected it is imperative to seek medical consultation as soon as possible at a facility where the surgery can be performed.

Athlete's Foot

More important than any medicine is thrice daily cleansing and drying vigorously enough with a towel to remove the dead skin. Toes must be kept DRY and the dead skin removed regularly. Use clean socks daily. Desenex powder (Zinc Undecate powder) is in your kit. Use morning and night.

Backache

Usually related to stress, with or without back muscle over-work. The important things are to relax the back muscles and take aspirin. The best way to relax the back muscles is heat -- a hot shower or bath. Aspirin is excellent; this is one of the places it really works. A bed board may help a lot.

Blisters

This is a collection of fluid forming in or just beneath the skin in response to repeated trauma. Blisters are nature's sterile dressing to protect damaged tissue underneath. Therefore you should not attempt to puncture or break the blister. To do so will only bring on a local infection. If the blister does break, then treat it as an abrasion (above).

Bloody Nose

Squeeze the nose between thumb and index finger. Best is to squeeze the nose using a cold wash cloth. Lie down. See M.D. if bleeding persists beyond 30 minutes.

Burns

Instantly immerse the burned part of the body in cold water. After immersion, keep the burned area clean. Use a loose dressing if necessary. Big or deep burns need medical attention. Until that time, the more serious the burn, the more important that it remain immaculately clean. When blisters form, don't break them. They are nature's sterile dressing. As blisters break open, use the antibiotic ointment in your kits. If a burn is larger than the area covered by a hand, see a doctor.

Cholera - See Diarrhea

Cold sores/Canker sores

Sores in the mouth, usually caused by a virus; not to be confused with "chancre"('tho it could be possible')! Use Capacol Lozenges and gargle with Cepacol mouthwash or hydrogen peroxide (1:1 with water). We can also cauterize them with silver nitrate in the office.

Colds

Treatment

1. Runny nose - take Actifed or Benadryl.

2. Nose drops are good for nasal congestion and if your ears get stopped up with the cold.

3. Take aspirin - 2 tablets every 2-4 hours for fever and/or aches.

4. Ornade cold pills are available in our office.

5. Any antibiotic is absolutely useless andmay be harmful later on in causing drug resistance. Don't take antibiotics for colds!!

Contact Lenses

Ideally, contact lenses should not be worn for more than 10 hours at a stretch. If you must wear them for longer it is advisable to remove them for an hour and then you can wear them for another 10 hours. We strongly advise against wearing them at all while you are in the Peace Corps as we have seen a considerable amount of eye damage occurring from them when worn over here. If you wear them, please let the doctor know when you arrive and he will talk with you about them.

Constipation

Fairly rare in Thailand, but not as rare as you might think. This isn't a hazard. Milk of Magnesia may be available, Bonamint Laxative Chewing Gum is like "Ex-Lax", and Metamucil, Dulcolax and Senokot are good mild laxatives sold here. It is not essential to have a BM daily, every other day or so is enough. Fresh fruits and roughage should help.

Coughs

Fairly common in Thailand. May be nothing to worry about or may be serious.

1. Mild cough, no sputum	Stop smoking. Drink a lot of fluids. Humidity (steam inhalation) is useful.
2. Moderate cough, sputum is greyish:	As above; also, you might write in for cough syrup or buy some locally. Read the label. Under no circumstances take anything which contains any antibiotic or INH (Isoniazid).
3. Producing yellow or green sputum, low grade fever:	You probably have bronchitis and should see a doctor. Above remedies are good.
4. Pain in chest with yellow or green sputum, fever, any blood in sputum:	You may have pneumonia and should go to a good hospital or to your nearest Peace Corps doctor.

5. Recommended cough syrups locally available include Tusana, Expiran, Sedatuss, Zephrol, and Romilar Expectorant.

Dengue Fever ("Breakbone fever", "Hemmorhagic fever")

A viral infection transmitted by the day (and night) biting white and brown banded Aedes mosquito characterized by sharp onset of fever, intense headache (especially behind the eyes), muscular aches, joint pain, weakness, malaise, and, sometimes, a general rash occurring 3-4 days after onset of fever. See a physician for confirmation of diagnosis and treatment. Rx: (symptomatic) Aspirin or other analgesics for fever and pain, rest, fluids.

Recovery confers immunity to that particular strain of Dengue virus -- there are, however, several other strains (serotypes). Beware of the not uncommon "post-Dengue depression".

Dental

Annual and termination dental examinations and indicated dental care (cleaning, filling, etc.) are provided at the scheduled times. If you require dental care before these times, arrange a dental appointment in advance by writing to the nurse.

Diarrhea

A. Definition/description:

The term "diarrhea" should be restricted to the frequent passage of loose, watery stools. The term "dysentery" should be restricted to those cases of moderate or severe diarrhea in which the stool contains mucus and/or blood. If you can be specific in your description when you communicate with us, it will greatly facilitate the correct diagnosis and treatment of your illness. Your description should include: onset, sudden or gradual; time of onset; previous food/drink ingested; frequency and appearance of stools; mucus? blood? vomiting? nausea? abdominal pain? if pain, describe it.

B. General treatment for diarrhea:

1. Stop eating solid foods. Increase your fluid and salt intake with water, nam chaa (weak tea), salty soups, boullion, broth. You will be loosing much fluid and salt via the diarrhea and these must be replaced rapidly to prevent dehydration and electrolyte imbalance. Do not drink strong coffee or tea, alcoholic drinks, or milk. Once your diarrhea stops you can gradually resume a regular diet.

2. Take Bismuth-Pectin-Paregoric tablets or Kaopectate/Paregoric solution religiously from the time the diarrhea starts until it is controlled. If this medication is not sufficient, we have stronger medication in the office. Do not take Polymyxin, Tetracycline, Enterovioform, or any medicine with an antibiotic in it before you come to see the doctor; to do so would invalidate important laboratory diagnostic tests essential to your treatment.

3. Rest.

4. Consult a doctor if any of the following occur:
   (a) despite rigorous treatment with antidiarrheal drugs your diarrhea presists beyond 4 days.

   (b) you develop a temperature greater than 102 which persists for more than 48 hours.

   (c) you notice blood in your stools.

C. Specific diarrheal diseases

1. Simple diarrhea, "Traveller's diarrhea":
   Also known locally as "Bangkok belly" and in other respective regions as "Kathmandu Crud", "Delhi Belly", "Trivandrum Trots", etc. Not caused by pathologic bacteria or parasites but, rather, by dietary change and thereby a reorganization of the intestinal flora. Usually mild to moderate, sometimes severe, diarrhea with concomitant, mild abdominal cramps. No blood in the stools and no fever present. It is usually self-limiting, requiring only a little teeth-gritting and a handy john. The general treatment for diarrhea (above) is advised.

2. Viral diarrheas:

   These are usually associated with other general symptoms such as malaise, muscular aches, headaches, nausea, mild fever. Common. General treatment for diarrhea is advised.

3. Bacterial dysentary:

   This is a common and fairly severe illness which usually has a sudden onset and is characterized by abdominal cramps, almost explosive diarrhea in which the stools frequently contain blood and mucus (hence the name "dysentary"), nausea, vomiting, and fever (often 102-103). Begin general treatment and consult a physician as soon as possible to receive additional medications (antibiotics).

4. Cholera:
This is a specific, acute bacterial dysentery caused by the bacteria Vibrio cholerae and is characterized by sudden onset, vomiting, profuse watery diarrhea, rapid dehydration, and, sometimes, shock and death. Death can occur within a few hours if medical care is not received. The onset is usually a few hours to 3-4 days after ingestion of fecally contaminated water or food. Prevented by sanitary disposal of human feces, boiling water and milk, eating only cooked foods, practicing personal hygiene and frequent immunizations. Cholera immunizations should be received every 4 months during the hot season and in areas where cholera is prevalent, every 6 months otherwise. Cholera immunization does not confer 100% protection. Treatment must be begun immediately and vigorously. If you develop the above symptoms, and especially if there have been reported cases of cholera in the area, seek medical care immediately!

5. Amoebic dysentery/amebiasis:
This is potentially a more serious disease than bacterial dysentery. The diarrhea usually has a gradual onset, mild at first and then gets worse, with mild abdominal cramps. Small amounts of blood may appear in the stool which may also have mucus in it. Control the symptoms with the general treatment and consult the physician as soon as possible. The diagnosis may require several stool examinations. Then, specific medications can be given to treat the cause (an amoeba called Entamoeba histolytica). If it is not treated early enough, the organisms may migrate to the liver and cause amoebic hepatitis (not to be confused with infectious hepatitis, another serious illness) or an amoebic abscess in the liver which is very, very difficult to treat. The symptoms of liver involvement are pain in the upper right part of the abdomen, weakness, low grade fever, and general malaise. If you develop these symptoms, consult us right away.

Ear Infection

If you have this, it really hurts; doesn't come and go. Usually one side only. Infections in the ear canal frequently follow swimming in dirty water or a visit to a Thai barber who you allow to clean out your ears. They do not use sanitary instruments.

Middle ear infections may be associated with airplane trips, colds and hay fever. You should put nosedrops in the nostril on the affected side with your head way, way back and take Actifed (in your kit) every four hours. If it doesn't go away, come in to see us.

Eye Problems

1. To remove a foreign body: first try to pull the upper lid down over the lower lid several times. This stimulates tears and may remove the foreign body. If no relief, have a friend roll back the lid CAREFULLY over a match stick and look at the under side of the lid for a foreign body. Eye wash with boiled, but cool, sterile water is indicated. After this, an ophthalmic antibiotic such as Neosporin or Bacitracin Ophthalmic Ointment is indicated. Two drops twice daily for 2 days.

2. Conjunctivitis:

   More often viral than bacterial, hence no specific treatment. However, try the eye ophthalmic solution or ointment from your kit four times a day. Rest the eyes and see a doctor if it persists for more than 48 hours. A common cause is the washcloths that you get in restaurants. These are very refreshing to use, but you should avoid wiping your eyes with them.

3. Glasses: If you wear glasses you should have two pair with you in Thailand. If one breaks or is stolen, Peace Corps will replace it for you. We will not pay for prescription sunglasses or contact lenses.

4. Eye doctor appointments can be made in Bangkok by writing to the nurse. In the south, Volunteers are authorized to visit Dr. Endliam Chowchuvech at Trang Songkoogh Hospital in Trang.

Fever

When feven is present, the first thing to do is discover the illness that is causing it and treat that. However, high temperatures deserve to be treated promptly.

There are two ways to treat fever, no matter what the cause. One is aspirin; the dose is two tablets every 2-4 hours. The other is mechanical cooling; strip down, lie on your bed, and sponge yourself off with tepid water. You'll shiver at first, but when the fever breaks, you'll feel a hundred percent better. Afterwards you can then contemplate your disease in a more serene state of mind.

First Aid Principles

1. Establish an airway.
2. Mouth-to-mouth respiration if necessary.
3. Closed chest heart resuscitation if necessary.
4. Control profuse bleeding; direct pressure is best and fastest.
5. Shock: position flat with legs slightly elevated; give fluids by mouth if conscious, by I.V. if unconscious. (Do not give fluids orally to an unconscious patient)
6. Get help and notify Bangkok.

Food "Poisoning" (acute gastroenteritis)

Sudden onset of nausea, vomiting, abdominal cramps and diarrhea. Usually follows ingestion of the responsible food by 4-10 hours. Treatment: Nothing by mouth as long as there is nausea and vomiting, then fluids as tolerated. Treat diarrhea vigorously to control fluid loss. Consult physician to rule out possibility of cholera and other serious conditions and to receive antibiotic treatment if indicated.

Fungal infections ("Jock Itch", etc.)

Fungal infections may occur anywhere on the body (there are many different fungi) but they are more common in the warm, moist, intertriginous areas

(groin, between toes, under arms, etc.). Very common in Thailand. Treatment: First try using the Desenex Foot powder (in your kit) apply liberally 3-4 times daily. Use the Desenex ointment or the Whitfields ointment at night, wash off in A.M. before applying powder. If this doesn't work, try the famous "Jock Itch Paint , available at your PC medical office or regional PC office. For prevention: Wear loose, clean underwear. Wash frequently, drying well and apply talc or foot powder regularly.

There are a variety of other fungal infections. If yours doesn't respond to the above treatment, see your PC physician for other medications.

Heat Intolerance

Until you get acclimated to the tropics, and even occasionally thereafter, you may have some difficulty adjusting to this climate.

1. Sunlight:
   a. Causes sunburn: protect your skin.
   b. Radiant heat heats your skin and especially the top of your head, causing headache; cover your head in the sun.

2. High temperature:
   Causes you to sweat a lot more than usual. Sweat contains water and salt. To stay well, both must be replaced. On a hot day, drink a lot of water and make sure to take in a lot of salt, either on your food or with the salt pills.

3. High humidity:
   Makes the skin moist and soft, an ideal growth medium for all types of bacteria and fungus. Cool showers, body powder, loose cotton clothing all help.

Hemorrhoids

These are painful and a problem. Hemorrhoids or piles are nothing more than swollen, dilated veins in the rectal area, and they hurt when irritated. About 50% of all adults have hemorrhoids to some degree. If they hurt, one of the best things you can do is sit in hot water three times a day for 20-30 minutes each time. A hot bath is best if available. If not, get a large plastic or other type bucket, laundry size, and soak in it. Locally available suppositories include Anodesyn and Anusol. We have some if you need them.

Hepatitis, Infectious

This is a serious disease caused by a virus which is transmitted by fecally contaminated food or water. The virus attacks the liver after a 2-6 week incubation period causing loss of appetite, nausea, fever, and a general feeling of being "mai sabai". The eyes and skin may turn yellow (jaundice) and there may be tenderness in the right upper area of the abdomen (the liver). The most serious complication of hepatitis is, of course, death. Your every 4-6 month Gamma Globulin shots will provide you maximum protection against the virus and will either abort an acute case of infectious hepatitis or, at least, modify the course so that you will not become critically ill. When your friendly PC doctor or nurse gives you your big Gamma Globulin shot you should say "Thank you".

Hiccups

Check with your friends for a local village remedy. That's usually as good as anything we can offer. If they can't help, try this: Hold your breath and drink a glass of water (boiled, of course). While still holding your breath, rub the left side of your neck with your right hand for about 15 seconds. You should be sitting down when you do this.

Influenza ("Flu")

Influenza is a very common, highly contagious, febrile illness caused by one of many influenza viruses. The illness is characterized by fever, general feeling of "mai sabai", muscular aches and pains, headache, sometimes sore throat and/or cough, and sometimes nausea, vomiting and/or diarrhea. The treatment is symptomatic: Aspirin or APC for the fever, aches and pains; increase fluid intake; rest.

Jock Itch - see Fungal Infections.

Lacerations

Control bleeding by direct pressure. A tourniquet is rarely, if ever, needed and may result in loss of a limb. Due to conditions of local sanitation, the possibility of a wound infection here is great; therefore, all wounds should be cleaned thoroughly with soap and water for at least 5 continuous minutes. A dry, sterile (i.e., Band-aid or gauze pad) dressing should cover all wounds until healed.

Laryngitis

Usually caused by a virus, very rarely a bacterial problem. It's made worse by smoking, speaking, and alcohol. The best thing is rest and gargling with salt water, and time. Since it's viral, specific medicine is not available. VOICE REST IS IMPERATIVE. English teachers, especially those teaching oral classes, will be very prone to get this.

Malaria

Malaria is not a pleasant disease and is rarely fatal. There are two main types in Thailand: vivax and falciparum. Resistance to falciparum, which is also the more severe form, is present in Thailand.

To prevent malaria: (1) protect yourself from mosquitoes. Use mosquito netting in areas where malaria is common. Screens are also a great help. The insect repellent in the medical kit should be used when you go out at night.

(2) Good protection is afforded by taking one Aralen tablet (Chloroquine) every Sunday. When you leave Southeast Asia, you should continue taking the Aralen weekly for four more weeks. In addition, you will be given 14 Primaquine tablets to start taking, one a day, as soon as you leave.

Menstrual

Irregularities are quite common in PCV's. You should notify us if your periods are coming more than every 22 days or after you have missed your second straight period.

Muscle Ache

Heat (hot shower, or bath is best), rest, and aspirin; Tiger Balm "helps" too.

Parasites

These are the little creatures that live in your gut or other organs and frequently cause you unhappiness. Below is a list of the common ones found here, along with the symptoms of infection and the causes. Come to us for treatment.

NAME	SOURCE OF INFECTION	SYMPTOMS
Hookworm	Walking barefoot	Anemia, gastro-intestinal symptoms
Ascaris	Eating fecally contaminated food	Abdominal distress; chest pains and cough
Pinworm	Same, plus autoinfection	Itching around anus, especially at night
Whipworm	Fecally contaminated food	Cramps, anemia, bloody stool
Trichinosis	Pork cooked less than well done	Muscle pain
Strongyloides (Cochin-China diarrhea)	Walking barefoot	Cramps, diarrhea
Filaria	Mosquitoes	Scrotal, penile, or leg swelling, lymphangitis, elephantiasis
Shistosomiasis	Swimming in the Mekong River or its tributaries; also certain regions in the South	Dysentery, cirrhosis of the liver, pneumonia, bladder disease
Liver fluke	Eating raw fresh-water fish, plaa raa, guey	Diarrhea, enlarged liver
Lung fluke	Eating raw lobster, shrimp and crabs	Lung disease, also wandering worms in brain
Oriental fluke (Leishmaniasis)	Sandfly bite	Chronic sore that doesn't heal

NAME	SOURCE OF INFECTION	SYMPTOMS
Amoeba	Fecally contaminated water and food	Mild to severe dysentery, cramps, blood in stools, liver damage, pasty stools.
Trichomonas	Sexual contact of poor hygiene	Prostatitis; frothy vaginal discharge and burning vaginitis

"Pot", Narcotics, Hallucinatory Drugs

Although all of the above may not be "physically" dangerous, they may precipitate serious, sometimes permanent, psychotic reactions (this includes "pot"). PCV deaths have been attributable to the use of drugs following such a reaction. Adverse reactions, "bad trips," and/or permanent psychologic effects (e.g. schizophrenia) are a definite risk.

In the case of LSD, chromosomal abberations have occurred from a few hours to several months after the use of LSD, thereby creating the possibility of genetic effects/defects in one's offspring. LSD is not worth the risk!

You are strongly encouraged to discuss frankly and confidentially with your PC doctor any questions you may have regarding drugs.

Pregnancy and Contraception

We generally advise against overseas pregnancies. Possible complications, lack of adequate upcountry medical facilities and extra expenses for the baby make it difficult for Volunteer parents. Therefore, pregnancy may necessitate early termination. Your particular case will, of course, be evaluated individually.

Problems of unmarried pregnancy are best dealt with on a confidential basis with the Peace Corps physician.

The Medical Department is available for discussion concerning contraception with all Volunteers at any time and encourage visits on this subject!

Psychologic problems, "Hangups", "Culture Shock"

Occasionally "the going may get tough" psychologically. Slow results, authority relations, relative lack of intellectualization, isolation, constant scrutiny, homesickness, the "cross-cultural leap", "culture shock", "role shock", etc. may all cause one periods of anxiety, depressions, or just plain "hangups". If/when it happens to you, request a visit from your PC doctor or, if it is desirable to "get out of the situation", cable us and come into the office.

Sinus - see Allergy

Antihistamines shrink the mucousmembranes which line the sinuses and promote drainage, affording relief. You should take oral antihistamines or cold tablets (Ornade, Emprazil, Actifed), and use nose spray or drops. If you have fever and pain, notify us and take aspirin. We may prescribe antibiotics. Don't take any on your own.

Snake Bites

There are at least five types of poisonous snakes in Thailand: Banded Krait, Green Pit Viper, Russel's Viper, Cobra, and King Cobra.

Snakes are anti-social creatures. They like people as little as we like them. You may never see a poisonous snake in your two years in Thailand (unless you go to the Pasteur Institute's Snake Farm, a trip well worth taking to see the feeding and milking of the snakes everyday at 11 AM). Your highest exposure to snakes would be when walking around at night. There are two points to remember: (1) Carry a flashlight when walking at night and (2) always wear shoes and socks, or if your work takes you into a high-risk area, wear boots.

If you are bitten:

1. Keep your cool!
2. Determine if the snake was poisonous by:
   a. Identification of the snake (can you recognize the poisonous snakes of Thailand?)
   b. Inspection of the wound: Non-poisonous snakes do not have fangs; therefore, there will only be two rows of teeth marks, but no fang marks. Poisonous snakes will leave two rows of teeth marks and two laterally-placed fang puncture wounds; if it is a glancing bite, only one fang mark may be present.
3. Apply a tight ligature (not tourniquet) a few inches above the wound (principle: to interrupt arterial supply into the extremity as well as to interrupt the outflow of blood -- and venom -- from the extremity). A shoelace tightened until it really hurts and then released very slightly is ideal. Release it for 30 seconds every 10 mintues until you can get to ice-water or crushed ice.
4. Immerse the bitten extremity completely in ice water to a depth several inches above the ligature. After immersion for 30 minutes release the ligature; it will not be needed again. (Principle: Venom is composed of enzymes which require a warm body temperature to work. Lowering the temperature of the extremity -- hypothermia -- (1) inactivates the enzymes and (2) decreases the circulation in the extremity and, therefore, decreases the absorption of the venom). REMEMBER: USE PLAIN WATER AND ICE ONLY. DO NOT ADD SALTS OR CHEMICALS TO THE WATER WHICH COULD LOWER THE FREEZING POINT AND CAUSE SEVERE FROST-BITE! Keep the extremity in either ice water or crushed ice until you get to a medical facility. This procedure will provide protection for many hours without damage to the limb.
5. Do not incise the wound.
6. Go to the nearest medical facility for antiserum treatment. Almost all Provincial Hospitals and Mission Hospitals upcountry have antiserum. Ask at your local facility in advance so that you will know where to go. (Note: a small number of Malaria Eradication PCV's, the entomologists, have sophisticated snake-bite kits and are trained in their use; see them if you're nearby.)

Sore Throats

The great majority (95%) are caused by viruses and, therefore, antibiotics are of no use. The remainder (5%) are bacterial. For sore throat, gargle with cepacol, a glass of hot water to which one teaspoon of salt or one aspirin has

been added or hydrogen peroxide 3% mixed 1:1 with warm water. In bacterial infections, there is usually fever and swollen tender lymph nodes on both sides of the neck. If this occurs, notify us. If antibiotics are indicated, you are obligated to take them for no less than 10 days.

Sprains and Strains

Sprain is any injury of a joint ligament. Strain is an injury of a muscle. They result from motion in a joint beyond the usual limits. Often the difference between a fracture and a sprain or strain can't be told without an X-ray. There are three medical words to remember about this kind of injury: HEAT, REST, AND ELEVATION. When the injury is very recent, COLD (ice or cold rags or soaks) is applied frequently for 24 hours in order to reduce the swelling and numb the pain. After 24 hours use moist heat, e.g. soaks for 30 minutes three times daily in hot water to promote circulation. Epsom salts have no effect whatsoever. Rest means to keep the injured part immobile, e.g., for a leg it might mean bed, but for an arm a sling, etc. Elevation is important. Use another chair when sitting down to put an injured leg on, an extra pillow under a hurt arm or wrist at night, etc. The idea is to increase blood circulation and to decrease **swelling.** .

Use an Ace bandage (in kit) when not soaking. Take aspirin. If symptoms persist, you need a doctor and an X-ray.

Tetanus Shots

You all received tetanus toxoid shots in training and will get boosters here as you need them. Minor injuries that you sustain here will therefore not require an immediate booster shot. If the injury is serious enough (puncture wound or laceration, especially when sustained outdoors) to require a tetanus booster, it should be done within 1 or 2 days.

If you receive it from a local physician, make sure you are receiving tetanus toxoid and NOT tetanus anti-toxin. The latter is derived from horse serum and can be very dangerous. It is unnecessary in anyone who has been previously immunized with the tetanus toxoid.

Urinary Problems

The symptoms of a urinary tract infection are: frequent urination, cloudy urine, burning or stinging when passing urine, spiking fever with chills (sometimes fever is 104 briefly), pain in the back over the region of the kidneys to a moderate punch with a fist (worse on one side than the other). These symptoms require urine cultures which can be done in Bangkok or a good upcountry hospital. Don't take antibiotics unless this has been done first.

Blood in the urine (rust color, tea color, or very rarely bright red) calls for a doctor. Bile (e.g., in infectious hepatitis) may also color the urine like this (also calls for a doctor).

Vaginal Discharge

This is a 95% fungal problem and may be related to hygiene. Most women merely put up with the problem; but, if it is really bothersome, vaginal

suppositories are available.

In a smaller percentage it is a bacterial infection which deserves antibiotic treatment early, particularly if there is associated fever and abdominal pain. Occasionally, it is due to a tiny parasite (trichomonas) for which we, also, have medicine.

Venereal Disease

Up to 50% of the prostitutes in Thailand have gonorrhea. A smaller number also carry syphilis, venereal warts, and other assorted goodies. A large percentage of the gonorrhea here has become resistant to the usual doses of penicillin. The rule is PROTECT YOURSELF. A condom may prevent many future problems.

Males: A urethral discharge which is creamy or pus-like, frequently yellow, and associated with symptoms of burning or itching near the tip of the penis and/or burning on urination, requires medical attention. The above symptoms do not indicate gonorrhea absolutely. Non-venereal infections can mimic these. Correct diagnosis requires at least a smear and perhaps a culture. We strongly advise that you see us for these problems.

Females: Unfortunately the disease is usually without symptoms in women and is not detected until serious complications develop. These include mucus gland abscesses near the vagina and ovarian or tubal infections. Diagnosis must be made by examination and culture. The same method of protection works equally to protect female Volunteers from infected males as male Volunteers from infected females.

You may hear Volunteers boasting about how many times they've caught the clap. They're fools. If you think it's a mark of manhood to get venereal disease, you belong back home in high school. If you do get it, don't be ashamed. Come in and we'll treat you confidentally. But best of all, use your head and take some precautions.