



Thai Food and Drug Administration

Maximizing Self-Care Potential in Thailand



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Self-care: what people do for themselves to establish and maintain health, prevent and deal with illness

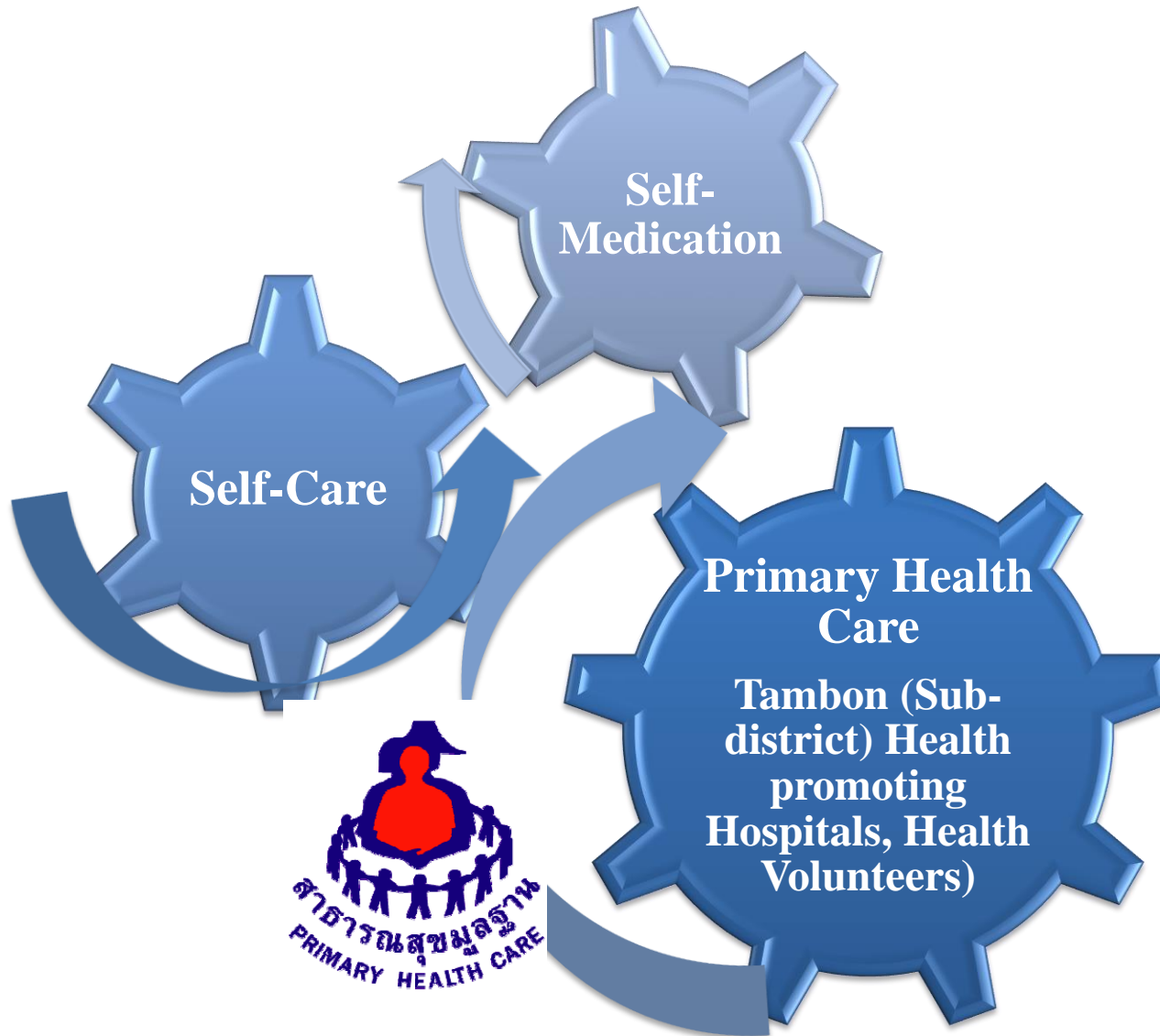




Self-medication is the selection and use of medicines by individuals to treat self-recognised illnesses or symptoms

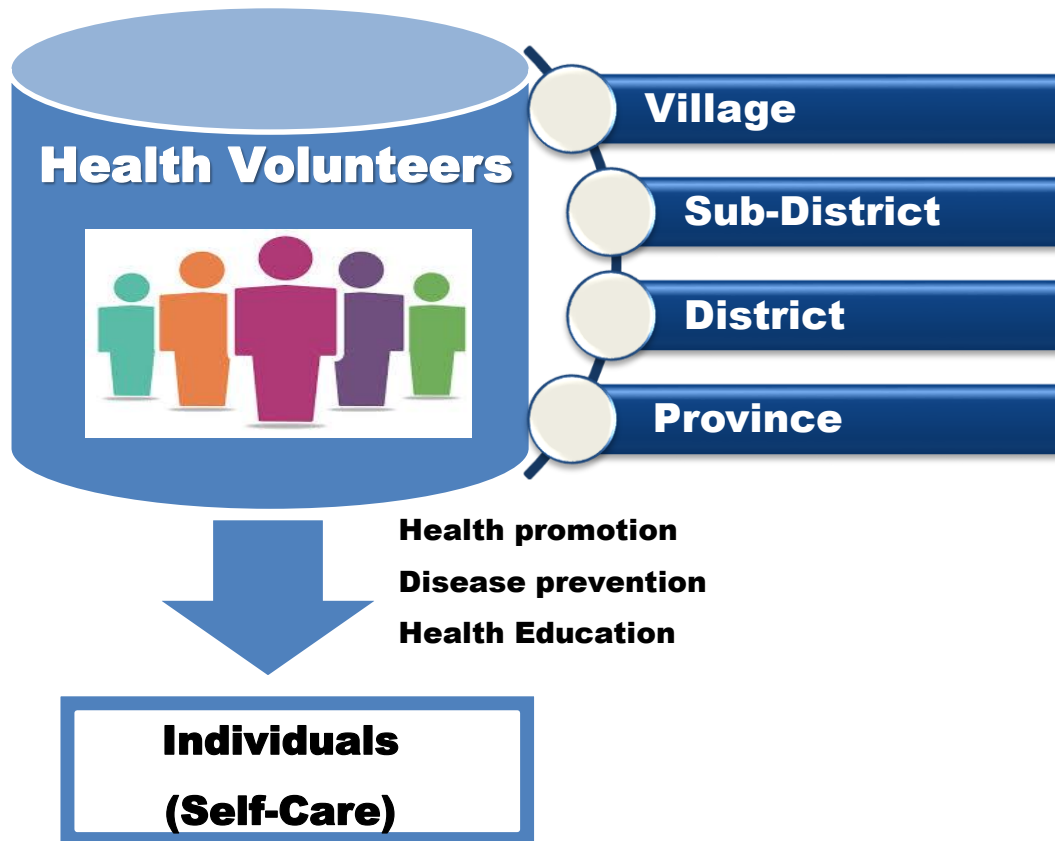


Self-Care in Thailand





Health Volunteers in Thailand





Health Volunteers

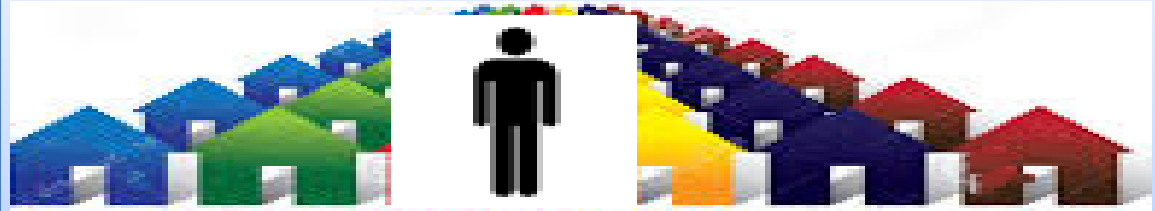
**Volunteer
recruitment**



**Volunteer
Training**



**Volunteer
Activities**



**1 volunteer per 8-15 houses (approx.
10-20 volunteers per village/ community)**

Health promotion

Disease Control and Prevention

- Dengue fever
- Flu
- Diabetes Mellitus
- Blood hypertension
- Dietary control

Village Drug Fund

- General Sale List
- First Aid Kits

Health Education

- Elderly care
- Pregnancy and maternal care
- Chronic diseases



Self-Medication in Thailand

Drug reclassification



Increase availability of medicines



Increase access to medication



Areas of Risk Concern in Self-Medication

**Safety and
fully
informative
labeling**

**Advertising
and
Promotion
of
Medicines**

**Abuse and
misuse of
self-
medication**



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