



THE GUIDELINES FOR BUDDHIST CARE AND PREVENTION OF PEOPLE AT RISK OF INFECTION WITH COVID-19 IN MUEANG PHIA SUBDISTRICT SHELTER, BAN PHAI DISTRICT, KHON KAEN PROVINCE

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Abstract

The objectives of this research were: 1) to study the care and prevention of people at risk of COVID-19 infection; 2) to study the guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province; 3) to propose the guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province. This study was carried out by means of qualitative research through in-depth interviews with 25 key informants. The obtained data were interpreted by descriptive analysis. The research results were as follows: The care and prevention of people at risk of COVID-19 infection: it is to take care of physical health through behavior modification. Mental health care should be appropriate to the situation. Risk groups were important, therefore, there were staff waiting to provide service. There was a disinfectant sprayer, a sink, and a thermometer with alcohol service points. There were screenings for participants in the event and ATK inspection service point, a group of volunteers came to spray disinfectants in the risky areas, and garbage was collected. The guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province: in terms of conduct: there is a change in behavior in being. In terms of mental development: one should train the mind by chanting to make it mind strong and stable. In terms of meditation: one should accept what is about to happen, and be aware of the situation to relax the mind. In terms of physical and mental care: one should have adjustments to take care of oneself and society. The proposed guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province: physical aspect: giving alms and keeping the precepts is another way to calm the mind in situations arising from changing circumstances. Mental aspect: one should take care of mental health to suit the situation of the risk group by listening to the Dharma, and meditating to relax the situation. In the aspect of living: one should apply the five precepts to life or adapt to life. In the aspect of the environment in society: organization of environment by wearing a mask disinfectant spraying, having a sink, a thermometer with alcohol service points. There were ATK inspection service points, a group of volunteers who came to spray disinfectants in the risky areas, and garbage was collected.

Keywords: Buddhist Care and Prevention, Risk of Infection with COVID-19, Mueang Phia Subdistrict Shelter

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1. Introduction

An outbreak of the coronavirus disease 2019 (COVID-19), one of the family of coronaviruses such as SARS (Severe Acute Respiratory Syndrome: SARS) in Asia in 2002 and MERS (Middle East Respiratory Syndrome: MERS) that has been an outbreak in the Middle East in 2012. Both SARS and MERS are respiratory diseases that cause many deaths. The causative agent is the coronavirus which is in the same family as COVID-19 that can be transmitted to people through coughing, sneezing, direct contact with secretions such as running nose, and saliva. A study of viral infections found that one infected person will be able to infect about 2-6 other people [Theera Worathanarat, 2019] [1] within a few months, the outbreak of Coronavirus Disease 2019 has increased rapidly, spreading to many countries around the world. There are 174 million infected people worldwide, with more than 3.75 million deaths [World meter covid, 2023] As for Thailand, the disease outbreak ranked 80th in the world with 182, 548 cumulative confirmed cases, 2,662 new cases, 31,593 cured patients, or 54.94% of all cases. 26,873 hospitalizations or 14.72% of all patients, 1,269 deaths. The COVID-19 pandemic has affected the achievement of the United Nations Sustainable Development Goals [United Nations, Thailand: 2022] [2] Prevention and screening of patients with a history of travel from risky countries or areas with ongoing outbreaks that are quarantined within 14 days, or persons who are professionals who have been in close contact with tourists from areas with continued outbreaks. As well as medical and public health personnel that emphasize the behavior of eating hot food, using serving spoons, washing hands, and urgently seeing a doctor. If there is any doubt or call the Department of Disease Control hotline, where surveillance,

screening, and disease prevention will be performed by local public health officials and there are also village health volunteers (VHV) [Pongsak Suemak, 2011: 150-160] [3] VHVs are another group that is at risk or perceives violence, recognize the benefits. Because it is a group that has been exposed to risk groups until it occurs as a disease prevention behavior. The COVID-19 pandemic has affected the achievement of the 13 United Nations Sustainable Development Goals, for example, many schools have been closed, economic activities have been disrupted, income has decreased, and some occupations have been unemployed. This results in wide-ranging impacts in terms of health, economy, and society, and there are many companies both in Thailand and abroad. They are gradually reducing employees, and gradually closing down businesses including filing bankruptcy due to economic toxicity which was dismissed [Pongsri Poolsap et al, 2015: 206-210] [4].

Life in the epidemic of the COVID-19 virus, since preventing this terrible disease from coming to us. Our family is located in “carelessness” such as refraining from entering the entertainment venues where liquor is consumed. There is singing and dancing, crowded, the air is not ventilated as the government asks for cooperation, abstinence, or illegal gambling. The aforementioned is immoral conduct because watching games and gambling is a “vice”, that is, the “way of decline” includes drunkenness, a night out, the company of wicked people is friendly and idleness. It is a whirlpool of decline and calamity. These behaviors all contribute to the susceptibility to infection and death according to the daily news. However, the information that comes through social media will be correct, and incorrect information filtering by using the “Paratoghosa” principle, using the Kesaputta Sutta or the Kalama Sutta to examine carefully according to the

Yonisomanasikara principle [Wiroj Wichai et al, 2022: 272-287] [5] It is considered that is it true? Sometimes we have to check by comparing other news sources and then process the data to see if there is a credible reason or not, so that we can get real information and follow it for the benefit of ourselves and others without being deceived. It is the right mouthpiece when we get information that is true and useful, then tell others through the channels that we can do it. So that others can benefit from factual information to be ready for rapid and drastic changes. It strengthens the strength to face obstacles and has the stability to contemplate the situation with sharp precision [Phra Suriya Pabhassaro, 2021: 3] [6].

The Guidelines for Buddhist care and prevention of people at risk of infection with COVID-19 according to Buddhist principles in the era of the COVID-19 epidemic with 3 principles: 1) carelessness by behaving within the framework of good moral of religion 2) unity: the way of life uses the Dhamma as a cause to remember each other as follows: Metta-Kaya-Kamma, Metta-Vaci-Kamma, Metta-Mano-Kamma, Satharana-Bhogi, Sila-Samannata, and Ditthi-Samannata. By everyone, all parties, at all levels, even at the international level, working together until a good relationship is formed, preventing and solving the problem of the spread of the COVID-19 virus, it will be a force of strength that benefits the nation and society 3) Paratoghosa principle: receiving truthful and useful information that meets the needs of life in the era of the COVID-19 epidemic and help reduce the panic of the people of the world as well. In addition, there are also daily activities such as keeping the precepts, praying to the monks, walking with Kamma, developing mindfulness through meditation, and listening to sermons to achieve mental relaxation. For example, in the case of an epidemic in the Buddha's era that had

occurred largely in Vesali or Paisali. In this pandemic, even Dr. Chivok, a great doctor also wanted to invent a cure for the cause. The ruler of the city could not stand it and had to go to King Bimbisara to discuss what to do to make this disease stop. King Bimbisara advised inviting Lord Buddha to help him pray and remove bad things. When the Buddha arrived at Vesali as soon as his feet had set to Vesali land, the rain seemed to pour through the sky, and soon after, the rain poured down like this for 7 nights. That kind of rain has washed away all the diseases and dirt from the city. The Buddha told Ananda said an incantation as he suggested, called "Rattana Sutta". This chapter referred to the prestige of the Buddha who practiced until 30 years. Ananda Bhikkhu brought water to pour for the rulers of the city and for the people to live happily. Then all the plague was gone from Vesali [Dh. (Thai) 25/6/9-14] [7].

Therefore, the researchers are interested in studying the care and prevention of people at risk of infection with COVID-19 and the guidelines for Buddhist care and prevention of people at risk of infection with COVID-19 in Mueang Phia Subdistrict Shelter, Ban Phai District, Khon Kaen Province in order to propose Buddhist care and prevention of people at risk of infection with COVID-19 in Mueang Phia Subdistrict Shelter, Ban Phai District, Khon Kaen Province. For this reason and necessity, therefore, the researchers have realized the importance of the problem and thus have brought the body of knowledge to lead to the integration of concrete social problems both in terms of building knowledge and understanding and applying the knowledge of Buddhist principles to be systematically used to help people in the community.

Research Questions

1. How is the care and prevention of people at risk of COVID-19 infection?

2. How is the guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province?

3. How is propose the guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province?

Research Objectives

1) To study the care and prevention of people at risk of COVID-19 infection.

2) To study the guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province.

3) To propose the guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province.

2. Research Method

This research is qualitative research, fieldwork by in-depth interviews of the proposed guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province. It studies the target group. The researchers defined the research method or research model as follows;

4.1) This study is a documentary study and collecting data is from relevant documents and evidence from Tripitaka, books, and research reports. The document associated the relationship with and society.

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4.2) Data from in-depth interviews with 25 sets from the main informant population regarding the proposed guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province

4.3) Data is from observations participants, focus group together the key informants regarding the proposed guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province.

3. Research result

The study of “The Guidelines for Buddhist Care and Prevention of People at Risk of Infection with COVID-19 in Mueang Phia Subdistrict Shelter, Ban Phai District, Khon Kaen Province” can summarize the results of the in-depth interview (In-Depth Interview as follows:

1. The care and prevention of people at risk of COVID-19 infection:

Basic maintenance: In primary care for risk groups infected with COVID-19, risk groups often come across personal history documents, adaptation in coexistence between risk-takers. Because everyone must be suspicious that people who have been infected are no matter what species they are. How serious is it? The equipment that the shelter staff are waiting for is not enough to provide service. Therefore, it is also taken care of according to the situation in order to have as few problems as possible in service and care.

Patient control: At-risk groups need to adjust their self-protection behavior to prevent the infection from spreading to those around them. In addition, the access

of personnel between groups is limited and the scope of service is a problem that makes the service.

Infection risk factors: lack of caution and self-care, letting go of self-care, do not like wearing a mask. There are often touching people who are close, whether it's a lover or a family member, no keep distance when socializing, walking in the park without wearing a mask.

To prevent complications: There was a separate group with congenital diseases, elderly people, and general people who do not have regular diseases. This is to facilitate the care of the care staff. Most communities support the centre and monitor it. It is observed and assisted in the care of the facility to separate high-risk groups from low-risk groups, and services within the scope of work of practitioners or nurses who come to give advice.

2. The guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province:

Behavior: The centre has given importance to the care and prevention of people at risk of contracting COVID-19 by washing their hands thoroughly with soap or disinfectant alcohol. It is recommended to follow the rules set by the centre. The behavior of the voice group was adjusted by chanting prayers and exercising appropriately with time.

Mindfulness Development: The centre has given risk groups to consider taking care of their minds, not worrying, adjusting themselves to normalize their lives, training their minds to be strong, and stable, and not being sensitive to the situation of the risky group. There is a temperature checkpoint for those at risk before doing mindfulness development while sitting to chant prayers, there is also a distance arrangement.

Physical Development: Physical development and meditation is a joint practice according to the rules given, connecting with the physical environment while in quarantine. There is a stipulation of the guidelines for compliance or agreements are set for the centre or the centre's policy in order to have guidelines for prevention and treatment. Physical and verbal behavior has been modified to cooperate and strictly follow the instructions of the centre or the community.

Mediation Development: Mindfulness development is the way of changing the way of thinking to be in line with the changing situation and accepting what is about to happen, being aware of the situation for relaxation in the mind. The community encouraged both care groups and at-risk groups to come into quarantine for the benefit of at-risk groups and the community to avoid suspicion of each other.

Taking care of physical and mental health regularly: Risk groups are concerned about the situation, but they have to adapt to take care of themselves and society, paying attention to keep their distance during activities try not to be in closed spaces or crowded areas, but be ready to change and embrace new things. Community self-prevention has steps in place to clearly instruct the group to take action on adequate and hygienic eating, regular exercise, and mental health care, starting with getting enough sleep, this will make one body healthy.

3. The proposed guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province:

Physical aspect: Giving alms and keeping the precepts is another way to calm the mind against situations arising from changing circumstances. The application

of Buddhist principles in one's own life as well. Surveillance and self-observation of symptoms are self-care and prevention in order not to be infected with the COVID-19 virus. In addition, creating a value of inevitably changing to avoid the risk of infection with the COVID-19 virus by following the rules set by the centre and the community would be a good way to prevent it.

Mental aspect: Mental health care is suitable for the situation of the risk group by listening to Dhamma meditation to relax the situation, and adjust lifestyles to be in line with the changing social context. Guidelines for mental care in nursing homes and communities for people at risk after being infected with the COVID-19 virus, assessment of mental health, and practicing Dhamma to improve life will require serious practice to be immune to mental illness.

Lifestyle aspect: The lifestyle guidelines for COVID-19 infection prevention focus on lifestyle adjustments to bring about changes in the new way of life. It is a lifestyle that requires living skills in accordance with social phenomena. Preventing oneself from the virus, even with measures to change behavior through unfamiliarity, is also a problem.

The environment in society: Social organization and the environment are considered important in monitoring and preventing risk groups so that there are no outbreaks or infections of the COVID-19 virus. Surveillance and prevention of atmospheric risk groups is an important part because it causes physical and mental comfort, not worried about the environment. Quarantine is a joy to meet new friends. These things can create a similar worry. Surveillance is important, so staff are available to provide services. There is a disinfectant sprayer, sink, and thermometer with an alcohol service point, participants are screened, ATK

checkpoint, VHV spraying disinfectant in the risky areas, and waste collection.

4. Discussion

From the analysis "The Guidelines for Buddhist Care and Prevention of People at Risk of Infection with COVID-19 in Mueang Phia Subdistrict Shelter, Ban Phai District, Khon Kaen Province", the researchers discussed the research results according to the objectives as follows:

1. The care and prevention of people at risk of COVID-19 infection: Basic maintenance: In primary care for risk groups infected with COVID-19, risk groups often come across personal history documents, adaptation in coexistence between risk-takers. Because everyone must be suspicious that people who have been infected are no matter what species they are. How serious is it? The equipment that the shelter staff are waiting for is not enough to provide service. Therefore, it is also taken care of according to the situation in order to have as few problems as possible in service and care. **Patient control:** Understanding COVID-19 infection and behaviors to protect oneself from infection still need to be educated, and understood to personnel and risk groups in a step-by-step. In order to control the patients, the risk group must adjust their self-protection behavior to prevent the infection from selling to those around them. In addition, the access of personnel between groups is limited or the scope of service is a problem that causes the service. It was consistent with [Nittaya Pensirinapa et al: 2016] [8] studies on Factors Affecting Performance in Diabetes Surveillance, Prevention and Control of Village Health Volunteers in Yasothon Province, it was found that 1) The level of surveillance, prevention, and control operations, the diabetes mellitus of the

village health volunteers was at a high level 2) Most VHVs are females, aged between 40-49 years old, marital status, elementary education level, farmer occupation, average monthly income less than 5,000 baht, average 11.70 years of being VHV, used to undergo training and study visits on diabetes. Motivation and social support for the implementation of surveillance, prevention, and control of diabetes were at a high level, and 3) Gender factors, potential development training, motivation, and social support were positively correlated with the implementation of surveillance, prevention, and control of diabetes by VHV, with a combined predictability of 53.7%.

2. The guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province:

Behavior: The centre has given importance to the care and prevention of people at risk of contracting COVID-19 by washing their hands thoroughly with soap or disinfectant alcohol, knowing how to share and help each other to take into account the interests of oneself and society as the main.

Mindfulness Development: The centre has given risk groups to consider taking care of their minds, not worrying, adjusting themselves to normalize their lives, training their minds to be strong, and stable, and not being sensitive to the situation of the risky group. There is a temperature checkpoint for those at risk before doing mindfulness development.

Physical Development: Physical development and meditation is a joint practice according to the rules given, connecting with the physical environment while in quarantine. There is a stipulation of the guidelines for compliance or agreements are set for the centre or the

centre's policy in order to have guidelines for prevention and treatment. People who love quarantine respect the rules very well.

Mediation Development: Mindfulness development is the way of changing the way of thinking to be in line with the changing situation and accepting what is about to happen, being aware of the situation for relaxation in the mind. The community encouraged both care groups and at-risk groups to come into quarantine for the benefit of at-risk groups and the community to avoid suspicion of each other.

Taking care of physical and mental health regularly: The adaptation is to take care of themselves and society, paying attention to keep their distance during activities try not to be in closed spaces or crowded areas, but be ready to change and embrace new things. Community self-prevention has steps in place to clearly instruct the group to take action on adequate and hygienic eating, regular exercise, and mental health care, starting with getting enough sleep, this will make one body healthy. It was consistent with [Chardsumon Prutipinyo, 2020] [9] studies on surveillance, prevention, and control measures of COVID-19 pandemic. Strictly implementing the surveillance and prevention of the spread of COVID-19, the Ministry of Public Health has given important guidelines as follows: 1) **Prevention:** by providing masks, supplying enough alcohol, gel or liquid type, measuring body temperature, which must have a temperature not higher than 37.5 degree Celsius. 2) **Creating social distance:** by refraining from meetings, training, seminars, and other activities that have a combination of people and bringing the online system to use, arrangement of chairs to be at least 1 meter apart, with clearly defined seating spots. 3) **Closing the office:** if a case is found, an employee under the affiliation is infected with the

Coronavirus 2019 which is easily contagious and life-threatening.

3. The proposed guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province

Physical aspect: Giving alms and keeping the precepts is another way to calm the mind against situations arising from changing circumstances. The application of Buddhist principles in one's own life as well. Surveillance and self-observation of symptoms are self-care and prevention in order not to be infected with the COVID-19 virus.

Mental aspect: Mental health care is suitable for the situation of the risk group by listening to Dhamma meditation to relax the situation, and adjust lifestyles to be in line with the changing social context. Guidelines for mental care in nursing homes and communities for people at risk after being infected with the COVID-19 virus, assessment of mental health, and practicing Dhamma to improve life will require serious practice to be immune to mental illness.

Lifestyle aspect: Public health guidelines for preventing the spread of the Coronavirus in the case of opening an establishment in a highly controlled and strict area, making awareness of applying the principles to life, adaptation to life in the situation of an infectious disease outbreak in order to change in a new way of life.

The environment in society: Social organization and the environment are considered important in monitoring and preventing risk groups so that there are no outbreaks or infections of the COVID-19 virus. Surveillance and prevention of atmospheric risk groups is an important part because it causes physical and mental comfort, not worried about the environment. Quarantine is a joy to meet

new friends. It was consistent with [Kittiya Swangsap et, al., [2019] [10] studies on perceived self-efficacy on physical and mental health care behavior in community village health volunteers, it was found that 1. A study showed that almost of village health volunteers had moderate self-efficacy (63.2%). 2. Self-efficacy of village health volunteers was significantly positively related to physical and mental health care in community ($r = .79, p < .05$). For subgroups of Self-efficacy, perception, confidence of physical and mental health care in community were significantly positively related to physical and mental health care in community ($r = .74, p < .05$ and $r = .75, p < .05$) and ability to utilize experience was moderate significantly related to physical and mental health care in community ($r = .66, p < .05$)

Suggestion

1. Policy suggestion

From the results of research on “ The Guidelines for Buddhist Care and Prevention of People at Risk of Infection with COVID-19 in Mueang Phia Subdistrict Shelter, Ban Phai District, Khon Kaen Province” . Therefore, the researchers would like to introduce the following policy recommendations.

- Should organize documents regarding the guidelines for Buddhist care and prevention of people at risk of infection with COVID-19 in Mueang Phia Subdistrict Shelter, Ban Phai District, Khon Kaen Province in the form of a book to facilitate further research.

- Should organize documents regarding the analysis of the guidelines for Buddhist care and prevention of people at risk of infection with COVID-19 in Mueang Phia Subdistrict Shelter, Ban Phai District, Khon Kaen Province to be more concrete for the education of people in the community.

2. Academic suggestion

- There should be training in the guidelines for Buddhist care and prevention of people at risk of infection with COVID-19 in Mueang Phia Subdistrict Shelter, Ban Phai District, Khon Kaen Province as a guideline for the care and prevention of COVID-19 in the future.

- There should be prepared to collect methods and principles explaining the guidelines for Buddhist care and prevention of people at risk of infection with COVID-19 in Mueang Phia Subdistrict Shelter, Ban Phai District, Khon Kaen Province in terms of academic documents.

3. Suggestions for further research

- Should study the guidelines for Buddhist care and prevention of people at risk of infection with COVID-19 in Mueang Phia Subdistrict Shelter, Ban Phai District, there is better living and stability, and peace in coexistence.

- Monks should have training in preaching regarding the practice of spiritual healing, and keep the body ready to deal with upcoming diseases, and for people in the community to understand the principles of Buddhism.

New explicit knowledge

State of the problem group at risk of infection with COVID-19: Adaptation in coexistence between risk-takers because everyone has to be wary of each other. The

equipment that the shelter staff are waiting for is not enough to provide service. The Buddhist care and prevention of people at risk of being infected with COVID-19: Behavior: There is a change in behavior in living, Mindfulness Development: Train one mind through meditation, praying for strength and stability, Physical Development: Build a relationship with the physical environment while in quarantine, Mediation Development: Accept what is about to happen, be aware of the situation to relax one mind, Taking care of physical and mental health regularly: There are adjustments to take care of themselves and society. Guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19: Physical aspect: Giving alms and keeping the precepts is another way to calm the mind against situations arising from changing circumstances: Mental aspect: Mental health care is suitable for the situation of the risk group by listening to Dhamma meditation to relax the situation: Lifestyle aspect: Apply the five precepts to life, adaptation in life. The environment in society: Organization and environment, wearing a mask, a disinfectant sprayer, sink, and thermometer with an alcohol service point, ATK checkpoint, VHV spraying disinfectant in the risky areas, and waste collection.

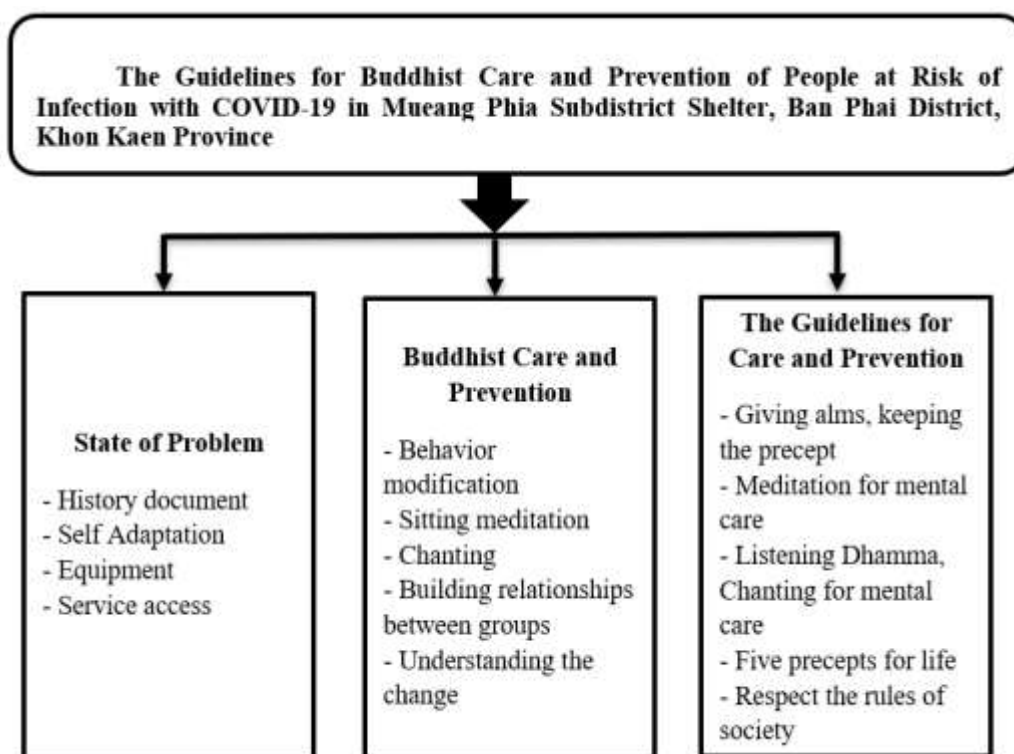


Figure 1 Guidelines for the Buddhist care and prevention of people at risk of being infected with COVID-19 Mueang Phia Sub-district Shelter, Ban Phai District, Khon Kaen Province

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