

FREEDOM

ISSUE 2020/1

SOCIAL DISTANCING

BUT TOGETHER IN SOLIDARITY

Cover Illustration



AMNESTY
INTERNATIONAL
THAILAND



KEEP A DISTANCE BUT REMAIN TOGETHER IN SOLIDARITY.

How do human rights protect us?

Government responses to COVID-19 are affecting millions of people around the world. While everything should be done to survive the pandemic, we must not forget to keep human rights in mind and ensure that everyone will live through this together.

RIGHT TO INFORMATION



Everybody has the right to be informed of the threat COVID-19 poses to their health, measures to mitigate risks and information about ongoing response efforts. The failure to guarantee this undermines the public health response and puts everyone's health at risk.

RIGHT TO WORK



Governments must ensure that everyone has access to social security, including sick pay, health care and parental leave, when they are unable to work because of the virus. Meanwhile, governments must protect health workers, who are on the frontline of the pandemic, by providing suitable, good quality personal protective equipment, information, training, and psycho-social support to all response staff.

RIGHT TO HEALTH



Most governments have ratified at least one human rights treaty which requires them to guarantee the right to health. This means they have an obligation to take all steps necessary for the prevention, treatment, and control of diseases, while also ensuring that preventive care, material and services are available to everybody.



PROTECTION OF VULNERABLE POPULATIONS

Anyone can get COVID-19, but certain groups appear to be at greater risk of severe illness and death. This includes older people and people with pre-existing medical conditions. It is also likely that other marginalized groups, including people living in poverty, people with disabilities and people in detention, including migrants and asylum seekers, will face additional challenges in protecting themselves and accessing treatment. In designing responses to COVID-19, states must ensure that the needs and experiences of specific groups are fully addressed.



STIGMATIZATION AND DISCRIMINATION

There have also been widespread reports of anti-Chinese or anti-Asian xenophobia in other countries, including US President Trump repeatedly calling COVID-19 a "Chinese virus". In London, a student from Singapore was badly beaten up in a racially aggravated attack. Governments around the world must take a zero-tolerance approach to racism, and protect the health of all people and ensure everyone's access to care and safety, free from discrimination.

The only way the world can fight this outbreak is through solidarity and cooperation across borders.

COVID-19 should unite, not divide us.

DID YOU KNOW?

Social Distancing
The act or practice of temporarily adding physical space while also increasing acts of social solidarity.



RIGHTS TO HOUSING, WATER AND SANITATION

For people who are homeless or living in informal settlements, self-isolation, social distancing, and other protective measures are extremely difficult if not impossible to stick to, especially when even finding clean water to wash their hands is already difficult. Governments must urgently put in place adequate, affordable and safe water and sanitation facilities that are accessible to everyone who is homeless or living in inadequate housing.

DISTANT but TOGETHER

WAYS WE CAN UNITE AND BEAT COVID-19 TOGETHER; WE WILL GET THROUGH THIS.



SHOW KINDNESS

WE'RE IN THIS TOGETHER. We all want the same thing - an end to this fear and disruption. Support each other. Shut down racism and anger if you come across it.

Tip: Share essential items if you have plenty + leave enough for others.



KEEP CALM

People may need to be physically distant at the moment, but we are united. We are still connected. Together, we will get through this.

Tip: Help limit the spread of misinformation by only sharing advice from experts and reliable sources.



CONNECT WITH COMMUNITY

Look out for each other, especially people who are vulnerable in your community, such as the elderly.

Tip: Offer to run errands for others if they can't go out. Volunteer for many organizations that assist people who are vulnerable to COVID-19 such as the bed-bound, the elderly, those in slums or homeless people and children.



SHOW SOLIDARITY

Follow health workers' guidance. Follow social distancing guidelines if advised to do so. This isn't just for you; it helps protect the most vulnerable people in your community and eases the burden on carers and hospitals.

Tip: Eat it hot, in your own dish, stay a metre apart, always wash your hands, cough/sneeze in your elbow, don't touch your face, go outside only with masks on, stay home to prevent health risk.



KEEP STANDING UP FOR A BETTER WORLD

Injustice will continue to happen even during a global pandemic like COVID-19. You can continue to stop the spread of disease and injustice from home.

Tip: Keep following the news, sign up with us online and become one with the movement for human rights.

Scan here for human rights news.
www.amnesty.or.th



Mr.Somchai Neelapaijit: his lawyer's gown, photo of him and his children, and a calendar for 2004, opened on the page for March to symbolise the date of his disappearance.



REMAIN IN MEMORY: MISSING JUSTICE

16 years after the disappearance of lawyer Somchai Neelapaijit

Amnesty Thailand, together with the United Nations and other human rights organizations, organized, on the 16th anniversary of the disappearance of the well known lawyer, Somchai Neelapaijit, the “**Remain in memory: missing justice**” exhibition, where personal belongings of the victim of forced disappeared were displayed. There was also a forum on “**the progress of law and criminal investigation in Thailand**”.

Angkhana Neelapaijit, a human rights activist and the wife of Somchai, stated that without reform of the national security agencies, the government will never pass the anti-torture and forced disappearance act, because it is almost always national security officials involved in such cases. If the government was sincere in its efforts, she urged them to ratify the UN Convention for the Protection of All Persons from Enforced Disappearance. Angkhana believes that the power of citizens will be able to make the law happen, and also repeated that cases of enforced disappearance must have no statute of limitations. Lastly she begged the government not to further destroy the memories of the victims' families.

Meanwhile the **EU representative** reaffirmed their position that enforced disappearance is a severe breach of human rights, and asked that parliament quickly rectify the situation by making enforced disappearance a criminal offence.



Jawa Jalo:

Photo of his house registration. An ethnic Lahu, he was taken from his house by heavily armed officers in 2003. He was never seen again.



Kamon Laosophaphan:

Photo of the anti-corruption activist who was abducted from Ban Phai police station in 2008.



Surachai Saedan:

His shirt, a red star hat, a loincloth and a book he wrote are on display. He, along with two of his close confidants, disappeared in 2018.



Scan to read more

DO



- Plan ahead for essential needs and supplies. Know what to expect, how to get assistance, and how to contact your friends if you get separated.
- Stay focused: Prepare for the unexpected and watch out for signs.
- Keep calm, calm other people down, don't let panic take hold.
- Take a photo or film evidence of brutality and injuries.
- Make sure to eat and drink before joining the protest.

DON'T



- Don't wear contact lenses or fat or oil-based substances on your skin, as they trap chemicals like tear gas.
- Don't wear accessories such as neckties or jewelry that make it easy to grab you. Tie your hair back.
- Don't go anywhere alone, stay close to people.
- Don't let yourself starve or go thirsty during the protest.

WHAT TO BRING

- Closed water containers for drinks and to washing chemicals off skin or eyes.
- Energy snacks.
- Self-identification and contact information.
- Enough money for payphones, food, transportation.
- Watch, paper, and pen for documentation.
- Basic medical kit and personal medication such as epi-pens, inhalers.
- Wet wipes, tissues, and menstruation pads; don't bring tampons as you might not have a chance to change if you get arrested.

WHAT TO WEAR

- Shatter resistant eye protection such as swimming goggles or gas mask.
- N95 facemask and hat.
- Clothing that covers all your skin to protect you from sunlight and chemicals.
- Bandana or scarf to soak in water, lemon juice or vinegar to protect your face against chemical exposure.
- Comfortable and protective shoes that you can run in.
- Fresh clothes to change into in case of chemical exposure.

SAFETY GUIDELINES What to know before a protest

Before the next peaceful assembly, let's check this list to see if you are ready. Amnesty has collected safety guidelines for you. Don't forget to save the list to share with your friends for everyone's safety.

HUMAN RIGHTS TIPS

because freedom of assembly is a human right.

WHAT TO DO AGAINST TEARGAS

- Use a gas mask if available, otherwise use eye protection coupled with a bandana or scarf soaked in water, vinegar, or lemon or lime juice. Use any oil-based substance on the skin.
- Keep calm. Panic will increase irritation. Control your breathing. It will pass.
- DO NOT SWALLOW. Blow your nose, cough, spit and rinse your mouth.
- DO NOT RUB IT IN; Don't touch your face with your hands if you get sprayed.
- If you are wearing contact lenses, have someone with clean hands remove them. Destroy the lenses afterward.
- To rinse out the eyes, use a solution of half antacid with half water. Use either aluminum hydroxide or magnesium hydroxide only.

KNOW YOUR RIGHTS

- Freedoms of expression and assembly: everyone has the right to take their opinions to the streets.
- Law enforcement has a duty to facilitate and protect peaceful assembly.
- In non-violent protests, the police must avoid using force.
- Everyone has the right to receive medical treatment as soon as they are injured.
- If you are arrested, you have the right to be told the reason for your arrest. You also have the right to immediate access to family members and lawyers.
- If your rights have been violated, you have the right to file a complaint and to be provided with information on how to do so.

4 DOs and DON'Ts of government actions in the current emergency

DO

- 1 Consider the safety and livelihood of all citizens over national security
- 2 Allow citizens to criticize government actions against COVID-19
- 3 Support media outlets to spread information from varied sources to see the whole picture
- 4 Be firm with government workers not to cause citizens more difficulties than necessary



DON'T

- 1 Don't put soldiers in positions unfitted to their skill sets
- 2 Don't threaten or arrest critics for "spreading fake news"
- 3 Don't allow torture during interrogation
- 4 Don't breach people's privacy without necessity



Scan for more information



HUMAN RIGHTS QUIZ

Amnesty International Thailand invites you to play our easy quiz and win prizes. Just fill in the answers and contact information clearly, take a photo of the page, and then email it to us at media@amnesty.or.th before 30 May 2020. (Use the header: Human Rights Prize)

- Q** What is social distancing?
A
- Q** How many years have passed since the enforced disappearance of human rights lawyer Somchai?
A
- Q** If you join a protest, how will you prepare yourself?
A

*P.S. Amnesty Thailand will draw the winner from all the right answers and announce the name on the Amnesty Thailand Facebook page on 15 June 2020.

Please clearly fill in the information

Name Gender Female Male Other

Age group under 15 15-20 21-30 31-40
 41-50 50-60 over 60

Are you an Amnesty member? Yes No

Address

Phone Number E-mail

Answer all 3 questions correctly to win...



Human Rights Geek T-shirt
 the t-shirt for those who care for human rights
 10 prizes only

HUMAN RIGHTS GEEK

Being an Amnesty member means that:

- You are a supporter of a society of mutual respect.
- You are a supporter of a society where justice is for all.
- You are a true supporter of Human Rights.



Newcomer Promotion: 1 GET 1*

Two years of membership for the price of one!

Including a Rights notebook and pen for student members, or a Human Rights Supporter notebook + pen for general members.

- Student membership (undergraduate or below): 200 baht per year
- General membership: 500 baht per year

* for new members only



COVID-19 Renewal Promotion+

Pay for one year but get two years membership!

Also, you can pick either Team Brave String Bag or Human Rights Supporter notebook + pen.

- Student membership (undergraduate or below): 200 baht per year
- General membership: 500 baht per year

+ for current members only

You can make payment via bank transfer: Amnesty International Thailand, Kasikorn Bank, Account No: 7522378695. Or you can scan the QR Code below:



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 สมาคมแอมเนสตี้
 อินเตอร์เนชั่นแนล

Reference number:
 EMPKB000001571144002

email your receipt to membership@amnesty.or.th

You can also sign up or renew your membership at <https://www.amnesty.or.th/become-member/>

If you have further questions about Amnesty membership, contact us at membership@amnesty.or.th

*This promotion applies until further notice from Amnesty International Thailand

**AMNESTY
INTERNATIONAL
THAILAND**



WHAT IS AMNESTY INTERNATIONAL?

Amnesty International is an organization of ordinary people from diverse career fields who cannot maintain silence in the face of injustice and human rights violations no matter where in the world and who take action in the belief that every person can campaign for the respect, protection, and defence of human rights. Amnesty International was established in 1961, and the organisation was awarded the Nobel Peace Prize in 1977. Today, there are more than 7 million supporters in over 150 countries.

After the 6th October 1976 massacre of Thai students, Amnesty became known in Thailand from its prisoner of conscience campaign. Over 100,000 letters from people all around the world were sent to the Thai government requesting the release of students and citizens. At present, Amnesty has over 1,000 members in Thailand carries out a wide range of activities for promoting knowledge, understanding, and campaigns for protection and defence of human rights.

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