

Department of Disease Control

Weekly Disease Forecast No.206_ Heat Stroke (14 - 20 April 2019)

Based on the Department of Disease Control's surveillance on deaths from heat stroke during the summer time (April to May), there were 56, 60, 24, and 18 deaths during 2015 to 2018 respectively.

The MOPH's Strategy and Planning Division also reveals 3,054, 3,523, 4,002, and 3,409 heat stroke patients during 2014 to 2017 respectively.

According to this week disease forecast, there is a continue risk of heat stroke during the summer of this year, as the temperature has been excessively high. There will be also more people doing outdoor activities during the Songkran festival and the summer school vacation.



The four environmental causative factors of heat stroke include excessive heat and humidity, staying in unventilated and thermal radiation spaces. There are also individual factors that cause insufficient or impaired heat loss. Heat stroke generally presents with a hyperthermia of greater than 41°C with a history of activities in excessive heat environment. Other symptoms include headache, disorientation, lack of sweating or sweat excessively, drop blood pressure, mental confusion, dizziness, weakness, seizures, un-consciousness, organ failure and death will result.

The Department of Disease Control advises people to avoid long outdoor exercise and working hours, or staying in excessive heat and unventilated spaces. People need to drink plenty of cool liquids to replace fluids lost from sweating to adjust body temperature and prevent from dehydration. To protect from heat, one should wear light, loose-fitting clothes to allow perspiration to evaporate and cool the body. Wearing sun glasses and a wide-brimmed hat is also helpful. All should avoid alcohol consumption. Do not leave children, the elderly, and pets in a car parked outdoor under the sun.

Treatment of heat stroke involves rapid mechanical cooling along with standard resuscitation measures. The person should be moved to a cool area (indoors, or at least in the shade) and clothing removed to promote heat loss. Cold compresses to the torso, head, neck, and groin will help cool the victim. A fan or dehumidifying air-conditioning unit may be used to aid in evaporation of the water. Patients with severe symptoms such as weakness, seizures, un-consciousness, should immediately brought to the hospital. Emergency Medical Services (EMS) can be called for help at the hotline 1669.

For queries or additional information, please call DDC hotline 1422.

