

Department of Disease Control

Weekly Disease Forecast No.218_Food Poisoning (14 – 20 July 2019)

From the national disease surveillance system during 1 January to 8 July 2019, the Department of Disease Control reveals 57,140 food poisoning cases with no deaths. The highest incidences were found in the 15 – 24 years followed by the elderly aged 65 years and over, and the 55 – 64 years age groups respectively.

Last week, there was a food poisoning cluster occurred in a school with 70 patients. Most of the outbreaks were found in schools, and during study visits and meetings. The main cause was keeping foods out of refrigeration in warm weather for several hours or left overnight.



According to this week disease forecast, food poisoning cases are likely to continue during school semesters, and public gathering during the religious ceremonies.

The Department of Disease Control therefore advises people to always follow good personal hygiene, i.e. “eat freshly-cooked and clean food, use serving spoon and wash hands often”, and drink only safe water. All individuals should avoid consuming food that is left overnight out of refrigeration or food with unusual smell. Food handlers should practice good personal hygiene including washing hands often especially before cooking food and after using toilets. Paying attention to food cleanliness will help prevent pathogen contamination. In case of having wounds on hands, food handlers should always wear plastic gloves while cooking.

Symptoms of food poisoning are nausea, vomiting, abdominal pain, and diarrhea (having three or more loose or liquid stools per day). The best first aid is drinking Oral Rehydration Salts (ORS) solution to prevent dehydration. Medical care should be sought immediately in case of severe illness such as severe abdominal pain, fever, bloody diarrhea, prolong vomiting or signs of dehydration (dry mouth, decreased urination, dizziness, fatigue, or increased heart rate or breathing rate).

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

