

# Department-of Disease Control Weekly Disease Forecast No.222\_Chikungunya (10 - 17 August 2019)

From the national disease surveillance system, the Department of Disease Control reveals 5,996 chikungunya cases with no deaths during 1 January – 4 August 2019. The highest incidence rates were found in age groups 25 – 34 years old, 35 – 44 years old, and 15 – 24 years old respectively. Regions with the highest incidence rates were the southern, followed by the northern, the central and the north-eastern respectively.

Last week, there were 5 reported chikungunya outbreaks in provinces including Phetchaburi, Uttaradit, Phichit, Kamphaengphet, and Maehongson. It is noted with concern that the disease had been found in more new provinces and the incidence was higher compared to the same period of last year.



This week disease forecast reveals a continue occurrence trend of chikungunya during this rainy season with more outdoor stagnant water serving as mosquito breeding sites.

Chikungunya symptoms include an abrupt fever, skin rash, muscle pain, nausea and fatigue. The characterized symptoms are severe joint swelling and joint pain which usually last for many weeks or months. There is no plasma leakage leading to shock. However, patients should promptly seek hospital medical care for relief of symptoms. Patients, with history of travelling to or live in risk areas especially the Southern region within 14 days before symptoms develop, should inform the risk history to the doctors.

Chikungunya virus is transmitted to humans by bites of infected *Aedes* mosquitoes. Mosquitoes become infected when they feed on an infected person during the high grade fever period. The patient therefore should stay in a room with anti-mosquito window and door screens or sleep under a mosquito net or use insect repellent while feverish.

The Department of Disease Control (DDC) strongly advises people to protect themselves and their children well from mosquito bites. DDC urges people in all households, communities, and workplaces to routinely eliminate mosquito breeding sites using the mosquito control measure called “3 Do’s to prevent 3 diseases (dengue, chikungunya and Zika virus)”, i.e. 1) cover water-storage containers, change water in small containers every 7 days and eliminate all outdoor mosquito breeding sites, 2) dispose garbage properly, and 3) keep houses tidy without any corners suitable for mosquitoes to rest. DDC also emphasizes that strong and continuous public participation is a key success factor for prevention and control of chikungunya and other vector-borne diseases.

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



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