

Department-of Disease Control

Weekly Disease Forecast No.234_Chikungunya (3 - 9 November 2019)

From the national disease surveillance system, this year (2019) up to the present (30 October), the Department of Disease Control reveals 8,744 chikungunya cases with no deaths. The highest incidence rate was found in 25 – 34 years age group. Provinces with the top five highest incidence rates were Pattani, Ranong, Tak, Phuket, and Songkhla respectively.

It is noted with concern that the disease incidence was much higher compared to the median of the past 5 years. The number of cases has been increasing since May 2018. and cases have been detected in new areas especially in the Central region.

This week disease forecast reveals a continue occurrence trend of chikungunya especially in the Southern provinces with rains that will leave 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 windows 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. All sleeps, night-time or day-time, should always be in anti-mosquito rooms or nets.

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.

