

Department of Disease Control

Weekly Disease Forecast No. 236_ Diarrhea (17 – 23 November 2019)

According to the national disease surveillance system, this year up to 12 November, the Department of Disease Control reveals 925,149 diarrhea cases of which 7 had died. The highest incidence was found in the Northern region. Among all cases, many were the elderly patients aged more than 65 years old.

Among the outbreaks detected, the latest one was caused by rotavirus.

According to this week disease forecast, the risk of diarrhea from viruses especially rotavirus tends to increase as the viruses can stay longer in cold weather.



The patients' symptoms include diarrhea (having three or more loose or liquid stools per day), abdominal pain, nausea, vomiting. They may have fever, headache, and muscle ache. The best first aid for diarrhea is drinking Oral Rehydration Salts (ORS) solution to prevent dehydration.

The risk group, especially young children and the elderly, need a special care at the hospital to prevent dehydration and shock. Severe illnesses may present with high fever, severe abdominal pain, bloody diarrhea, prolong vomiting or signs of dehydration (dry mouth, decreased urination, dizziness, fatigue, or increased heart rate or breathing rate). These symptoms can lead to mineral imbalance, acute renal failure, and even deaths. Therefore, medical care should be sought immediately.

The Department of Disease Control 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 foods that are left overnight out of refrigeration or foods 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.

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

