

# Department of Disease Control

## Weekly Disease Forecast No. 252\_Part particulate Matter 2.5 (8 - 14 March 2020)

The Department of Disease Control, based on monitoring data of the Pollution Control Department, reveals high level of particulate matter (PM2.5) air pollutants that can result in adverse health effect in the Northern provinces including Maehongson, Chiangrai, Phayao, Chiangmai, Lampang, Lamphun, Nan, Phrae, Tak and Nakhonsawan. The satellite photos of the National Aeronautics and Space Administration (NASA) of the United States revealed many hotspots in Northern Thailand and the neighboring countries.

From this week disease forecast, high level PM2.5 tends to continue and cause immediate health effect such as irritation of eyes, throat, nose and nosebleed (epitaxis). In the long run, it can result in asthma, lung cancer, and coronary heart disease.



Air pollutants (Particulate Matter or PM) of a diameter of 2.5 microns (PM2.5) in haze include ozone, nitrogen oxide, and sulphur dioxide. The pollutants of the very small particulate size pollutants (PM2.5) can penetrate deeper into the lungs. Some chemicals or gases together with these small particulate matters will be melt with mucous of the respiratory tract or the lung alveoli then enter the blood stream, resulting in greater adverse health conditions.

The Department of Disease Control (DDC), therefore, advises high risk people living in the haze-affected areas with high PM2.5 level, to stay indoors and reduce outdoor activities and exercise. Motorcyclists and Traffic policemen should wear face masks, dustproof glasses and long sleeve shirts and pants. In addition, it is also advised that people follow the PM2.5 situation on the Pollution Control Department's application "Air4Thai".

High risk groups include the elderly, young children, pregnant women, and those with chronic diseases such as asthma, Chronic Obstructive Pulmonary Disease (COPD), Acute Coronary Syndrome (ACS), and other pulmonary diseases. These people with symptoms such as dyspnea, irregular heartbeat (arrhythmia), chest pain, nausea and exhaustion, medical attention at a hospital nearby is urgently necessary.

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



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