

Department of Disease Control

Weekly Disease Forecast No.245_Food Poisoning (9– 15 February 2020)

From the national disease surveillance system, the Department of Disease Control reveals this year up to the present there were 7,762 food poisoning cases (1 death). There were 8 food poisoning clusters with a total of 517 patients. Most of the patients were found in rented house, condominium and dormitory. During the same period of last year, most cases were found in school.

According to this week disease forecast, food poisoning cases are likely to continue. Risk of food poisoning outbreaks is increasing when foods are prepared in large amount.



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.