

# Department of Disease Control

## Weekly Disease Forecast No.245\_Food Poisoning (19- 25 January 2020)

From the national disease surveillance system, the Department of Disease Control reveals 109,491 food poisoning cases with one death in 2019. The highest incidences were found in the 15 – 24 years followed by the elderly aged 65 years and over, and the 25 – 34 years age groups respectively. This year up to the present, there were 2,043 cases with no deaths.

Last week, there was a food poisoning cluster with 189 patients (no deaths) occurred in a Scout camp in Chiang-Mai. The suspected foods were boiled chicken, steamed rice, boiled eggs and seasoning sauce that were kept out of refrigeration in warm weather for several hours.

According to this week disease forecast, food poisoning cases are likely to continue during the coming up Chinese New Year 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. During Chinese New Year, chickens must be cooked thoroughly until no pinkish juices and bones are not in red color. Foods must be stored at safe temperature.

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.

