

# Department of Disease Control

## Weekly Disease Forecast No. 244\_Particulate Matter 2.5 (12 - 18 January 2020)

The Department of Disease Control, based on the Pollution Control Department and the Bangkok Metropolitan's 50 PM2.5 Monitoring Stations, reveals high PM2.5 level and increasing trend in some areas of Bangkok that can result in adverse health effect.

High risk group 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.



This week disease forecast, the quality of air concerning PM2.5 level in Bangkok and adjacent provinces has to be monitored continuously.

Air pollutants (Particulate Matter, 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 to stay indoors and reduce outdoor activities and exercise when the haze has reached unhealthy level (the Orange area). Motorcyclists and Traffic policemen should wear long sleeve shirts and pants, face masks and dustproof glasses. In addition, it is also advised that people follow the PM2.5 situation on the Pollution Control Department's application "Air4Thai".

If having the symptoms including dyspnea, irregular heartbeat (arrhythmia), chest pain, nausea, and exhausted, medical attention at a hospital nearby is urgently necessary.

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

