

Department of Disease Control

Weekly Disease Forecast No.259_Food Poisoning (26 April – 2 May 2020)

From the national disease surveillance system, the Department of Disease Control reveals that this year during 1 January to 23 April there were 25,640 food poisoning cases with no deaths. The highest incidence rates (cases per 100,000 population) were found in age groups 15 – 24 years, newborn to 4 years, and the elderly aged 65 years and over respectively. Provinces with top five incidence rates were Samut Songkhram, Roi-Et, Prachinburi, Ubonratchathani, and Mukdahan respectively.

According to this week disease forecast, food poisoning cases are likely to continue. During the midst of COVID-19 Pandemic, risk of food poisoning outbreaks is increasing if foods are prepared in large amount and kept for a long period of time before giving to people who are affected by the pandemic situation.



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.

