

# Department of Disease Control

## Weekly Disease Forecast No.262\_Food Poisoning (17 – 23 May 2020)

From the national disease surveillance system, the Department of Disease Control reveals that this year during 1 January to 11 May there were 29,253 food poisoning cases with no deaths. The highest incidence rates (cases per 100,000 population) were found in age groups 15 – 24 years, the elderly aged 65 years and over, and 25 – 34 years respectively. Provinces with top five incidence rates were Samut Songkhram, Roi-Et, Prachinburi, Ubonratchathani, Mukdahan and Amnatchareon respectively. A cluster of 45 cases was found in Chiangmai and a cluster each was found in Samutprakan, Chachoengsao, and Khonkaen.

According to this week disease forecast, food poisoning cases are likely to continue as warm weather that allows easy bacterial growth in foods. 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 always 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. If preparing food boxes, cooked rice should be put separately. Be cautious that foods with coconut milk may easily spoil.

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.

