

Department of Disease Control

Weekly Disease Forecast No.264_Food Poisoning (31 May – 6 June 2020)

From the national disease surveillance system, the Department of Disease Control reveals that this year up to the present there were 31,890 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. Last week there were two clusters of food poisoning with no deaths. One cluster of 79 cases occurred in a local community of Phayao province. The suspected food was local spicy raw minced beef (Larb). Another cluster of 103 cases was found in a prison in Chanthaburi province. The suspected foods were local fermented fish, bamboo shoot, and pickled crab.

According to this week disease forecast, food poisoning cases are likely to continue as current warm weather allows easy bacterial growth in food. Risk of food poisoning outbreaks is increasing when food is prepared in unhygienic manner or in large amount, kept for several hours and is not reheat before consumption. Raw or semi-cooked food is a risky cause of food poisoning.



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 and ice. All individuals should avoid consuming food that is left overnight out of refrigeration or food with unusual smell. Food that is kept more than 2 hours should always be reheated before consumption. 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. They should also wear masks and hygiene caps. 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, headache, 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.

