

# Department of Disease Control

## Weekly Disease Forecast No.268\_Leptospirosis (28 June – 4 July 2020)

From the national disease surveillance system, the Department of Disease Control reveals that this year up to the present, there had been 501 leptospirosis patients (6 had died). The Top-five provinces with the highest incidence rate (case per 100,000 population) were Ranong, Yala, Phangnga, Sisaket, and Satun respectively. The Leptospirosis incidence was highest in the southern followed by the northeastern, northern, and central regions respectively. Most of the cases were in the 45 - 54 years, 35 - 44 years and 55 - 64 years age groups respectively. Almost half of the patients were agricultural workers (43.7%).

According to this week disease forecast, the sporadic occurrence of leptospirosis is likely to continue especially among agricultural workers. Leptospirosis cases are mostly found in raining and flooding areas. More cases occur during June to September in the northeastern region and during November to January in the southern region.



Leptospirosis is transmitted from contacting with contaminated animals' urine while working in wet land or areas following flooding. The leptospira bacteria enters human body through skin with superficial cuts and open wounds or mucosa of mouth, eyes and nose or through waterlogged skin.

If symptoms occur within 1-2 weeks after exposure, including high fever, chills, muscle aches (most notable in the calf and lumbar areas), red eyes, and jaundice (yellow skin and eyes), the patients should go to the hospitals nearby for prompt life saving treatment. Informing the doctors the history of wet land and water exposure is very useful. In severe cases, delay in seeking medical attention might end up with complications such as renal failure, pulmonary hemorrhage or myocarditis or even death.

The Department of Disease Control encourages people to help control the rat population in agricultural areas and around houses. Farmers and people who have to wade in flood water should wear rubber boots or other protective footwares, cover their wounds and abrasions with waterproof bandages, and wash hands and feet immediately right after the exposure. In addition, taking a thorough shower is very helpful.

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



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