

# Department of Disease Control

## Weekly Disease Forecast No.289\_Drowning (29 November - 5 December 2020)

From the Department of Disease Control (DDC) surveillance system, last week (23 – 29 November 2020), there were 5 drowning incidents with 7 deaths. All were boys aged 5 to 13 years old. Two incidents occurred in Sisaket (4 deaths), one incident with one death each in Nakhonratchasima, Lopburi and Narathiwat.

The sites of drowning included rivers (5 deaths) and one each at a public pond and a irrigation canal. The cause was that children went to swim far away from the communities unattended by adults.

The Division of Non-Communicable Diseases, DDC, reveals that more than 1,500 children aged 15 years and below were drowning victims each year (an average of 4 victims a day).

According to this week disease forecast, the risk of drowning tends to continue during the long school vacation. Drowning risks also continue in areas with heavy rains, flash floods, and fast-flowing streams.



The Department of Disease Control (DDC) urges all communities to implement preventive measures against drowning, i.e. 1) survey for risky water sources such as community water resources, check dams and irrigation canals, 2) communicate and warn the communities of drowning risk and promote community participation using available channels such as village broadcast, 3) install safety fences and warning signs at all risky natural water sources and provide safety devices, e.g. empty plastic gallon jugs or bottles tied up with ropes, swimming rubber rings, sticks, and belts.

During the school vacation, parents should pay more attention and warn their children to avoid risky water settings and not to go swimming without adults' attendance. Moreover, children should learn swimming and rescue skills. Households with newborns to 2 years old children should keep them in playpens especially while unattended. In addition, all households should not leave risk groups such as children, the elderly, the disabled and people with chronic medical illnesses unattended.

In case of seeing a drowning person, do not attempt to jump to rescue him or her as the person may be panic and pull you underwater. Therefore, you should use the measure “**shout, throw, and extend**”, i.e. 1) **Shout** for help from people nearby and ask them to call the Emergency Medical Service (EMS) hotline 1669; 2) **Throw** floatation devices such as empty plastic gallon jugs or bottles tied up with ropes or swimming rubber rings to the drowning person; 3) **Extend** objects such as sticks, belts or cloths to pull the person from the water; and 4) Give the person rescue breaths and CPR while waiting for the EMS team.

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



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