

# Department-of Disease Control

## Weekly Disease Forecast No.3/2021\_Cold Temperature Exposure Injuries (17 – 23 January 2021)

From the Department of Disease Control (DDC) surveillance system, last year (2020), there were 37 deaths from exposure to cold temperature. The top ten provinces with the highest number of deaths were Chaiyaphum (4), Prachinburi (7), Chai-Nat (3), and Chiangmai, Sakaeo, Nakhonsawan, Kalasin and Prachinburi (2 each) and one each in Bangkok, Amnatcharoen and Phrae. Most of the victims were male with an average age of 58 years old. The most common occupation was the general worker. Most were found dead indoors.

The risk factors of hypothermia death due to cold temperature exposure were insufficient blankets or cloths to keep warm (20 deaths or 54.05%), chronic diseases (15 deaths or 40.54%), frequent alcohol drinking (11 deaths or 29.73%), Cardiovascular Disease or CVD (8 deaths or 21.62%) and unknown causes (13 deaths or 35.14%).



This week disease forecast reveals a continue risk of hypothermic death from exposure to cold temperature especially during 17- 19 January 2021 according to the weather forecast of the Department of Meteorology that the new relatively strong wave of high pressure trough from China will come to cover the upper part of Thailand causing the area to have cool to cold weather and wind chill. The temperature will drop 4 – 6 degree Celsius especially on mountainous areas of the northern and the northeastern regions which will result in low or very low temperature.

The Department of Disease Control (DDC) thus warns all, especially the elderly people with health risks such as high blood pressure and asthma, to keep healthy, do regular exercise and keep themselves warm in cold temperature by dressing properly. The DDC also warns people not to drink alcohol when expose to cold weather as alcohol will warm only the skin while the body gets cold and loses heat faster and might result in hypothermia. Hypothermia is an emergency condition. It can quickly lead to unconsciousness and death if the heat loss continues. If someone is having the symptoms of hypothermia, i.e. shivers violently stumble, or can't respond to questions, he or she need to be warmed quickly and brought to the hospitals for a special medical care urgently.

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



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