

# Department of Disease Control

## Weekly Disease Forecast No.10/2021\_Food Poisoning (7- 13 March 2021)

From the national disease surveillance system, the Department of Disease Control reveals that last month (February 2021), there were 7 clusters of food poisoning with a total of 347 cases. The largest cluster of 175 cases (50.4%) with no deaths occurred in a school in Pattani province. The causative food was the school lunch with suspected foods include fish sour and spicy curry, rice and boiled chicken, and chicken fried rice. This week there was a report of food poisoning cluster with 44 cases with no deaths in Yasothon province. Most of the cases had eaten foods at the village religious ceremony. Suspected foods include raw pork dish, local cooked beef dish (Larb), soup, and a dessert (Sa-koo).

According to this week disease forecast, food poisoning cases are likely to continue as the warmer weather will allow easy bacterial growth in foods. Risk of food poisoning outbreaks is increasing when food is prepared in large amount with unhygienic manner and then kept overnight or more than 2 hours without reheating before consumption. Moreover, 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. Most importantly, all people should avoid consuming raw or inadequately-cooked foods.

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.

