

# Department of Disease Control

## Weekly Disease Forecast No. 11/2021\_Dengue

### (14 – 20 March 2021)

From the national disease surveillance system during 1 January to 28 February 2021, the Department of Disease Control reveals 1,470 dengue cases with 1 death. The highest incidence rates (cases per 100,000 population) were found in the age groups 15 – 24 years, 10 – 14 years and 25 – 34 years respectively.

The risk of severe dengue and death were chronic diseases of the patients, such as hypertension and heart diseases, obesity and delay hospital visits. Other factors were delayed dengue diagnosis and patients who used Non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin and ibuprofen.

This week disease forecast reveals a continue risk of dengue in areas with rainfalls that will leave outdoor stagnant water in natural and artificial water containers serving as mosquito breeding sites.



Community promotion to eliminate mosquito breeding sites in small containers such as vases, anti-ant plates or bowls, and waste tires is helpful. Therefore, these artificial water containers should be eliminated or else scrubbed routinely and thoroughly to remove all mosquitoes' eggs.

Dengue is transmitted by Aedes mosquitoes. The Department of Disease Control (DDC) therefore strongly advises people to protect themselves and their children well from mosquito bites by sleeping in rooms with mosquito screens or in mosquito nets and by wearing long sleeve shirts, long pants and applying mosquito repellents such as DEET and Lemongrass to exposed skin or to clothing when staying outdoor especially after sunrise and before sunset.. DDC urges people in all households, communities, and workplaces to routinely eliminate mosquito breeding sites using the mosquito control measure: 1) cover water-storage containers, change water in small containers every 7 days and eliminate all outdoor mosquito breeding sites, 2) dispose garbage properly, and 3) keep houses, workplaces, and residence areas tidy without any corners suitable for mosquitoes to rest.

Common symptoms of dengue include abrupt high grade fever that lasts 2 to 5 days, headache, eye socket pain, body ache, nausea, vomiting, anorexia, coughing without running nose, facial skin redness, skin petechiae on arms, legs, and joints. Pain around sternum area from enlarged and tender liver may be detected. The warning signs, occurring especially when temperature declines, include bleeding from nose or gums. Massive vaginal bleeding and gastrointestinal bleeding may also occur. Drowsiness or irritability, pale, cold, or clammy skin or difficulty breathing may be followed by shock or even death. These patients, therefore, should be brought immediately to the hospital for proper medical treatment and care.

For queries or additional information, please call DDC hot line 1422.



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