

# Department of Disease Control

## Weekly Disease Forecast No. 105\_Influenza

### (24 – 30 April 2017)

According to the national disease surveillance system, during 1 January – 19 April 2017, there were 20,438 influenza patients with 5 deaths. Most of the influenza cases were found in children aged 0 - 14 years old and in the Northern region.

During the past week, there were 2 deaths of influenza type A in Pattani and Chiangmai provinces. Both were the elderly with underlying diseases aged 59 and 60 years.



According to this week disease forecast, influenza will continue to occur. Risk communication and surveillance should be focused among people with high risk of serious flu illness including pregnant women, young children aged 6 months to 2 years, the elderly aged 65 years or more, those with chronic diseases such as COPD, asthma, heart disease, stroke, and renal failure as well as obese people.

The Department of Disease Control advises people to protect themselves well from the disease by having enough sleep and regular exercise. Measures “cover, wash, avoid, and be absent” should be followed, i.e. **Cover** - wear face masks when having symptoms of flu such as coughing, sneezing, and runny nose, **Wash** - wash hands with soap and water often, **Avoid** - avoid close contact with people with influenza-like illness, and **Be absent** - patients with flu symptoms should be absent from school, work, and activities in crowded or poorly ventilated places to prevent the spread of influenza virus to others.

Patients at high risk of serious flu illness and those under good home care but symptoms do not improve within 2 -3 days, should seek an urgent hospital care immediately.

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

