

Department of Disease Control

Weekly Disease Forecast No. 124_Influenza (4 – 10 September 2017)

According to the national disease surveillance system, during 1 January – 29 August 2017, there were 85,290 influenza patients (morbidity rate 130.36 per 100,000 population) with 12 deaths.

During this week, there are reports of 5 influenza clusters of which 3 occurred in school, 1 in prison and 1 in displaced persons camp.



According to this week disease forecast, occurrence of influenza cases will continue during this rainy season.

The Department of Disease Control advises people, especially those who stay in congested environment such as prison and displaced persons camp, to protect themselves well from influenza. Preventive measures should be followed, i.e. “cover, wash, avoid, and be absent” **Cover** - wear face masks when having symptoms of flu such as coughing, sneezing, and runny nose; **Wash** - wash hands often; **Avoid** - avoid close contact with ILI patient; **Be absent** - patients with flu symptoms should be absent from school, work, and activities in crowded or poorly ventilated places to prevent spreading of influenza virus to others. Influenza patient needs symptomatic care, enough drinking water and rest for fast recovery.

Patients with high fever, muscle aches and cough, especially people at high risk of serious influenza such as pregnant women, young children, people with underlying chronic diseases, the elderly, and obese people, should seek medical care immediately. For others who take medicines to relieve influenza illness but symptoms do not improve within 2 - 3 days, urgent hospital care is also needed.

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

