

Department of Disease Control

Weekly Disease Forecast No.129_Influenza

(9 – 15 October 2017)

During 1 January to 2 October 2017, the national disease surveillance system revealed 135,267 influenza cases with 35 deaths. The highest incidence rates were found in age groups 15-24, 10-14 and 35-44 years respectively. Top five provinces with the highest incidence rates (cases per 100,000 population) were Bangkok, Rayong, Chantaburi, Nongkhai and Chaingmai.

Last week, 5 clusters of Influenza-Like Illness (ILI) were found in Petchaburi, Prathumthani, Songkla, Narathiwat, and Chiangmai.



According to this week disease forecast, the occurrence of influenza is likely to continue especially in some areas with frequent rain and areas with cold weather.

The Department of Disease Control advises people to protect themselves well from the disease by eating good food, and having enough sleep and regular exercise. 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** - avoiding 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 the spread 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.

