

# Department of Disease Control, Weekly Disease Forecast No. 148\_ Diarrhea (19 – 25 February 2018)

According to the national disease surveillance system, the Department of Disease Control has found 1,019,001 diarrhea cases with 4 deaths in 2017. Diarrhea were mostly found in employees (21.2%) and students (17.9%). There were 62 diarrhea outbreaks with 3,170 patients last year.

The main causes of diarrhea are viral and bacterial infections. Others are protozoa, helminths, toxins and drugs. Among the hospitalized diarrhea patients aged under five years, 40 % were found to be infected with rotavirus followed by norovirus.



According to this week disease forecast, more diarrhea cases tend to occur during January to March.

Diarrhea, causing by consuming contaminated food or water, refers to three or more unformed stools or at least one watery stool or muco-bloody stool within 1 day. Other symptoms include nausea, vomiting, abdominal pain with or without fever. Patients usually recover within 7 days. The best first aid for diarrhea is drinking Oral Rehydration Salts (ORS) solution to prevent dehydration. The risk group, i.e. children aged under 5 years need a special care at the hospital to prevent dehydration and shock.

The Department of Disease Control therefore advises people to drink only safe water, i.e. boiled, clean bottled water or standard filtered tap water and avoid consuming unclean ice. Personal hygiene should always be practiced, i.e. “eat freshly-cooked and clean food, use serving spoon and wash hands often”. Avoid consuming foods that are not well covered to keep from flies. Proper hand washing, i.e. with soap and water at least 20 seconds, before preparing and eating meals and after using toilet or changing diapers, is helpful for preventing diarrhea.

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



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