

# Department of Disease Control Weekly Disease Forecast\_Influenza (19 - 25 August 2018)

This year up to now, the Department of Disease Control reveals influenza situation from the national disease surveillance system that there were 84,941 influenza cases (12 deaths). Provinces with the top five morbidity rates (cases per 100,000 population) were Bangkok, Chiangmai, Rayong, Phayao, and Ubonratchathani. The disease incidence is about 3 times higher than the median of the past 5 years.

There were 93 influenza outbreaks. Provinces with the highest number of outbreaks were Bangkok (11), Chiangmai (8), Nakhonratchasima (8), Songkhla (5), and Phichit (5). Most of the outbreaks occurred in crowded places such as schools, military camps and prisons. Prisons reported 18 incidents in many provinces.



This weekly disease forecast has projected that influenza will continue to occur during this rainy season while the weather keeps changing.

The Department of Disease Control therefore advises people to protect themselves well from the disease especially persons who are the most at risk of having severe influenza including 1) pregnant women with 4 months of pregnancy onwards, 2) children aged 6 months to 2 years old, 3) people with underlying chronic diseases (COPD, asthma, heart disease, brain vascular diseases, kidney failure, cancer patients under chemotherapy, and diabetes), 4) people older than 65 years, 5) mentally disabled people 6) thalassemia people and people with impaired immunity (including HIV infected persons with symptoms), and 7) obese people weigh 100 kilograms and over or have Mass Body Index (BMI) over 35 kg/m<sup>2</sup>. These most at risk people should get the annual influenza vaccine to protect them from the disease as well as to reduce the disease severity and chance to be admitted to hospital. Advice related to influenza vaccine is available from all hospitals near by.

Schools, military camps and prisons should screen people for influenza-like illness (ILI), i.e. fever, cough, running nose, and muscle aches. People with flu-like symptoms should be isolated or be absent for home care to prevent spreading of influenza virus to others. They should be advised to keep good personal hygiene such as wearing face mask, washing hands often and separate personal items such as spoons, water cups, and towels from others. Sharing spaces and items such as canteen, visiting point, door knobs, switches of electrical supplies, should be frequently cleaned.

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

