

Department of Disease Control Weekly Disease Forecast No.181_Influenza (14 – 20 October 2018)

Based on the national disease surveillance system, the Department of Disease Control (DDC) reveals that this year there has been 136,833 influenza patients of which 23 died. Provinces with the highest influenza incidence rates (cases per 100,000 population) were Bangkok, Chiangmai, Rayong, Phitsanulok, and Phayao, respectively. The highest incidence rates were found in 0 - 4 years, 5 - 9 years and 10 - 14 years age groups respectively.

The number of cases is higher than the median of the past five years. There were 163 influenza outbreaks which mostly occurred in crowded places, i.e. prisons (60 outbreaks) and schools (38 outbreaks).



According to this week disease forecast, the occurrence of influenza will continue during the disease peak period (July to November) and is likely to continue occurring especially in mountainous areas as Thailand is entering the cold season.

The Department of Disease Control advises people to protect themselves and their family members well from the disease especially those severe influenza at risk groups, i.e. the elderly, people with underlying chronic diseases, young children, and pregnant women. These at risk people should get the annual influenza vaccine to protect them from the disease and to reduce the disease severity. They should avoid close contact with people with influenza-like illness (ILI) and also avoid visiting crowded places such as schools, military camps, and prisons.

The Department of Disease Control requests cooperation from all institutions at risk of influenza outbreaks to implement the disease surveillance and screening measures. The institutes should screen persons with influenza-like illness (ILI), i.e. fever, cough, running nose, and muscle aches. Persons with ILI should be isolated or be absent from schools or work for treatment to prevent spreading of influenza virus to others. If there are many persons with ILI, public health officers should be consulted for consideration on responses to stop the outbreaks. Hand-washing facilities with soap or alcohol hand sanitizer should be provided. Provision of health education to promote good personal hygiene including wearing face masks, washing hands often and separating personal items from others is essential. Frequent cleansing of sharing spaces especially touching surfaces such as door knobs that might be contaminated with the viruses is helpful.

For patients with severe illness or those who take medicines to relieve influenza illness but symptoms do not improve within 2 - 3 days, a hospital medical care is immediately needed.

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



กรมควบคุมโรค
Office design co.,ltd.
★★★★★

FREE

Page 2/2

Disease Forecast No.181