

Department of Disease Control

Weekly Disease Forecast No.190_Food Poisoning (23 – 29 December 2018)

From the national disease surveillance system, the Department of Disease Control reveals 113,109 food poisoning cases with no deaths (1 January to 17 December 2018). The highest incidence rates were found in 15 – 24 years (14.69%) followed by 25 – 34 years (12.32%) and 45 – 54 years (11.52%) age groups respectively. Most patients were in the Northeastern region followed by the Northern region of the country .

During the past week, there were 2 food poisoning incidents (70 cases) in Yala and Phayao provinces.




According to this week disease forecast, food poisoning outbreaks are likely to continue during the new year holidays.

The Department of Disease Control therefore advises people to always follow good personal hygiene, i.e. “eat freshly-cooked and clean food, use serving spoon and wash hands often” and drink only safe water. Food handlers should practice good personal hygiene including washing hands often especially before cooking food and after using toilets. Paying attention to food cleanliness will help prevent pathogen contamination. In case of having wounds on hands, food handlers should always wear plastic gloves while cooking.

Symptoms of food poisoning are nausea, vomiting, abdominal pain, and diarrhea (having three or more loose or liquid stools per day). The best first aid is drinking Oral Rehydration Salts (ORS) solution to prevent dehydration. Medical care should be sought immediately in case of severe illness such as severe abdominal pain, fever, bloody diarrhea, prolong vomiting or signs of dehydration (dry mouth, decreased urination, dizziness, fatigue, or increased heart rate or breathing rate).

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



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