

# Department of Disease Control

## Weekly Disease Forecast No.202\_Food Poisoning (17 – 24 March 2019)

From the national disease surveillance system, the Department of Disease Control reveals 22,037 food poisoning cases with no deaths during 1 January to 13 March 2019. The highest incidence rates were found in 15 – 24 years followed by 25 – 34 years and over 65 years age groups respectively. Most patients were in the Northeastern region followed by the Northern region of the country .

From the event-based surveillance, there had been 15 food poisoning incidents this year. Most of the outbreaks were found in schools (7) and government agencies (2).



According to this week disease forecast, food poisoning cases are likely to continue during this summer time as warm weather allows easy bacterial growth in foods.

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).

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.

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

