

Department of Disease Control

Weekly Disease Forecast No. 35_Diarrhea (30 November – 6 December 2015)

The national disease surveillance system, during 1 January–23 November 2015, revealed 962,415 diarrhea patients with 7 deaths. The highest incidence rates were found in the under 5 years followed by 65 years and older and 5 - 9 years age groups respectively.

The highest incidence rates were in children, labors and farmers. During the past 5 years, diarrhea cases were found throughout the year with more cases occurring during January to April.



According to this week disease forecast, we can predict an increasing trend of diarrhea cases, especially duration the upcoming festivals with gathering of people to eat meals together.



Contaminated food and water can cause diarrheal diseases such as typhoid fever, cholera, and dysentery. Risk factors are consumption of unsafe food and water, poor hygiene and improper sanitation. Symptoms include watery or mucous diarrhea, stomach ache, nausea and vomiting.

The Department of Disease Control advises people to practice proper hygiene, i.e. “eat freshly-cooked and clean food, use serving spoon and wash hands”. All individuals should avoid eating undercooked food, especially seafood. Boiled or clean bottled water will help prevent diarrheal diseases. In addition, they should wash hands frequently especially before eating meals and after using toilets.

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



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