

Department of Disease Control

Weekly Disease Forecast No.37_Influenza (14 - 20 December 2015)

From the national disease surveillance system during 1 January - 9 December 2015, Thailand has had 69,793 influenza patients with 37 deaths. The highest influenza incidence rates were found in 0-4 years age group followed by age groups 5-14 years and 15-24 years respectively.

The outbreaks were mostly found in rainy and winter seasons. This year influenza cases have been continuously increasing since October. Outbreaks had occurred mostly in places with mass gathering such as schools and military camps.



According to this week disease forecast, there is a possibility of increasing influenza cases in December until the beginning of next year especially in places with cold weather where people can get the illness easily. Moreover, gathering of people during the new year festival, is one of the risks allowing influenza viruses to spread easily.

The Department of Disease Control therefore advises all people to keep their body warm, get enough sleep and avoid close contact with people with suspected influenza symptoms. If having symptoms such as coughing and sneezing, one should wear face masks and wash hands frequently in order to prevent spreading the pathogens to other persons. Those in high risk groups, i.e. persons having underlying diseases, young children, the elderly and pregnant women, who have influenza-like illness, seeking immediate medical care is advised. For all, if illness becomes worse, i.e. high fever that lasts for more than two days and rapid or trouble breathing, one should go to a hospital nearby immediately.

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



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