

Department of Disease Control

Weekly Disease Forecast No.40_Influenza

(4 - 10 January 2016)

According to the national disease surveillance system, during 1 January - 26 December 2015, there were 75,114 influenza patients with 28 deaths. The provinces with top five incidence rates were Nakhon Ratchasima, Ubon Ratchathani, Phra Nakhon Si Ayutthaya, Lampang and Bangkok respectively.

During the past 4 weeks, the highest incidence rates were found in the Central region in age group 25 - 34 years, followed by the Northeastern region in age group 15 - 24 years.



According to this week disease forecast, influenza cases may continue to occur during January – February particularly in cold weather areas where people gather for common activities.

The Department of Disease Control recommends that people wear proper clothing to stay warm, have enough sleep, eat the five food groups daily including fresh fruits and vegetables, exercise regularly, and wash hands often. Most importantly, avoid close contact with sick people and do not share the same utensils such as glass, spoon, etc. with other persons.

Patients with flu symptoms such as fever, headache and muscle ache, should take a rest at home and take medicines for relief of symptoms. People at risk of serious flu illness, i.e. young children, the elderly, pregnant women and people with chronic diseases should go to hospitals for medical attention immediately. Likewise, flu patients with symptoms that do not improve within 2-3 days or have severe symptoms such as dyspnea, urgent medical care is crucial.



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

