

Department of Disease Control Weekly Disease Forecast No.50_ Heat Stroke (14 - 20 March 2016)

From the national disease surveillance system, there were 56 deaths from heat stroke in 2015. The majority of cases (46 deaths) were women in 45-64 years age group. The oldest person was 79 years old. The cases were found in 39 provinces in the central, northern, and northeastern regions of the country.

The province with the highest temperature was Tak (40-42 degrees Celsius). The highest recorded temperature was in April. Heat stroke usually occurs in 6 risk groups, i.e. 1) people who work or do activities outside under the sun, 2) children under 5 years old and the elderly, 3) hypertension patients, 4) obese people, 5) people who lack of sleep, and 6) people who consume alcohol.



According to this week disease forecast, there is a risk of heat stroke during the summer of this year (B.E.2559), as the temperature will be very high in several areas. In hot weather, it is recommended that high risk people stay inside buildings or in the shade of trees. They should also reduce or reschedule outdoor activities to either early morning or after sunset.

To prevent heat stroke from unavoidable outdoor activities, people should wear light-colored clothes made from loose fabrics such as cotton and linen and wear sun glasses and a wide-brimmed hat. Drink extra fluids, from 1-2 liters per day to 1 liter per hour to adjust body temperature and prevent from dehydration. Avoid alcohol consumption. Do not leave children, the elderly, and pets in a car parked outdoor under the sun.

Patients with chronic diseases who have unusual symptoms such as headache, dizziness, and palpitation should immediately go to see a doctor or call 1669 for Emergency Medical Services.

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

