

Department of Disease Control

Weekly Disease Forecast No.54_Food Poisoning (18-24 April 2016)

The national disease surveillance system revealed 35,038 food poisoning cases with no death during 1 – 11 April 2016. The highest incidence rates were found in 15 – 24 years followed by 45 – 54 years and 25-34 years age groups respectively. The highest incidence rates occurred in the northern and the north-eastern regions of the country.



According to this week disease forecast, food poisoning cases may increase due to hot weather that allow easy growth of pathogens if foods are contaminated and not kept in proper temperature. More food-borne outbreaks are likely to occur in rural areas during the long holiday period when people usually meet and have food together. In some areas where ice is made under poor hygiene, it is easily contaminated with pathogens and thus can cause food poisoning as well.

The Department of Disease Control therefore advises people to follow the principle of “cooked, hot and clean” by choosing cooked food and avoid eating undercooked food especially seafood and spicy salad. In addition, food handlers should practice proper hygiene and cooking spaces are always kept clean.

Symptoms of food poisoning are nausea, vomiting, stomach ache, diarrhea, and headache. 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 belly pain, fever, bloody diarrhea, prolong vomiting or signs of dehydration (dry mouth, decreased urination, dizziness, fatigue, or increased heart rate or breathing rate) or symptoms do not improve within two days.

For queries or additional information, please call DDC hotline 1422

