

Department of Disease Control

Weekly Disease Forecast No.63_Food Poisoning (20 - 26 June 2016)

From the national disease surveillance system, during 1 January to 13 June 2016, there were 54,824 food poisoning patients with 1 death.

The highest incidence rates were found in 15 – 24 years, followed by 45 - 54 years and 65 years and older age groups respectively. The highest incidence rates occurred in the north-eastern and the northern regions of the country.



According to this week disease forecast, there will be a continue occurrence of food poisoning cases including Shigellosis. Shigellosis is a food and water-borne disease which can be found in all age groups. It is mostly found in children as well as people with poor hygiene. Consuming undercooked food and uncovered food exposed to flies are also risk factors. Most outbreaks occurred in crowded community with poor sanitation.

Symptoms of the disease include fever, abdominal pain or cramp, watery diarrhea followed by diarrhea containing blood or mucus. The best first aid is drinking Oral Rehydration Salts (ORS) solution to prevent dehydration. In case of high fever and bloody diarrhea, especially in children, seeking urgent care at a hospital is life saving.

The Department of Disease Control advises people to practice proper hygiene, i.e. “eat freshly-cooked, warm, and clean food”. Avoid consuming food that are not well covered to keep from flies. People should drink boiled, clean bottled water or standard filtered tap water and avoid consuming unclean ice. In addition, people should wash hands with soaps frequently especially before preparing meals, eating foods, and after using toilets. It is also recommended that people always defecate in sanitation toilets.

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

