

Department of Disease Control Weekly Disease No. 104_Food Poisoning (16–23 April 2017)

From the national disease surveillance system during 1 January to 10 April 2017, the Department of Disease Control revealed 32,241 food poisoning patients with no death. The highest food poisoning incidence rates were found in age groups 15-24 years, 25-34 years and 45-54 years respectively. Incidences were higher in the Northeastern and the Northern regions.



According to this week disease forecast, food poisoning cases are likely to increase in April during the long Songkran holidays when many people usually meet and have food together. Food prepared in large amount is contaminated when food handlers do not follow proper hygiene. Hot weather further allows easy growth of pathogens in food that is not kept in proper temperature.

The Department of Disease Control therefore advises people to practice proper hygiene, i.e. “eat freshly-cooked, warm, and clean food”. All individuals should avoid consuming food that are not well cooked or not covered to keep from flies, food with unusual smell or food that is left overnight out of refrigeration. Food left overnight in a refrigerator should be reheat before consumption. People should wash hands with soaps and water frequently. If clean water is not available for hand washing, use alcohol gel instead. Food handlers should practice good personal hygiene and always wash hands before and after cooking food as well as after using toilets. Paying attention to food cleanliness will help prevent pathogen contamination.



To prevent dehydration from prolong vomiting or diarrhea, patients should drink oral rehydration solution (ORS). Patients with severe illnesses including severe belly pain, fever, bloody diarrhea, prolong vomiting or having signs of dehydration, such as dry mouth, decreased urination, dizziness, fatigue, or increased heart rate or breathing rate need to seek hospital medical care urgently.

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

