

Department of Disease Control

Weekly Disease Forecast No.36_Food Poisoning (7 - 13 December 2015)

The national disease surveillance system during 1 January - 29 November 2015, revealed 118,189 food poisoning cases with no death. The highest incidence rates were found in 15 - 24 years followed by 45 - 54 years and 65 year and older age groups respectively.

During the past 5 years, food poisoning cases were found throughout the year with less cases in December and more cases after new year. Food poisoning outbreaks were mostly found in schools, followed by field study tours and meetings.



According to this week disease forecast, food poisoning cases are likely to increase at the end of the year and during the new year festivals and events where meals are prepared for large groups of people in advance for several hours or overnight.



The Department of Disease Control advises people to practice proper hygiene, i.e. “eat freshly-cooked and clean food, use serving spoon and wash hands”. People should also follow the principle of “cooked, hot and clean” by choosing cooked food and avoid eating undercooked foods especially seafood and spicy salad. In addition, the food handlers should practice proper hygiene and cooking spaces are keeping 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



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