

Department of Disease Control

Weekly Disease Forecast No.45_Influenza

(15 – 21 February 2016)

According to the national disease surveillance system, during 1 January – 11 February 2016, there were 9,045 influenza patients (13.89 per 100,000 population) with 1 death.

Regions with the highest incidence rates were the Northern, Central, Southern and Northeastern respectively.



According to this week disease forecast, influenza cases may continue to occur since the Meteorological Department reported that temperature during 15 - 18 February 2016 will be decreasing at 2 - 4 degrees Celsius causing a cold and windy weather especially in the Northeastern region.

The Department of Disease Control recommends that people protect themselves well from influenza by washing hands often with soap and water. All should also avoid 1) close contact with people with influenza-like illness, 2) sharing the same utensils such as glass, handkerchief, towel, and etc. with other persons, and 3) unnecessary visit to crowded or poorly ventilated places.

In case of having coughing, one should wear a face mask. Drinking warm water mixed with lemon and honey will help relieve the symptom. Patients with severe illness including high fever that does not improve within 2 - 3 days, severe cough, chest pain, fatigue, rapid breathing, loss of appetite for food, vomiting or diarrhea, should seek urgent medical care at a hospital.

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

