

# Department of Disease Control Weekly Disease Forecast No.74\_Influenza (5-11 September 2016)

According to the national disease surveillance system, during 1 January to 29 August 2016, there were 75,566 influenza patients with 8 deaths.

The provinces with top five incidence rates were Bangkok, Chiangmai, Chanthaburi, Uttaradit and Rayong.



According to this week disease forecast, influenza cases tend to occur 2 times higher than last year and the past 5 year-median. The highest number of influenza patients of around 10,000 to 15,000 cases is expected in September.

The Department of Disease Control therefore recommends that people protect themselves well from influenza by staying healthy and washing hands often with soap and water. All should also avoid close contact with people with influenza-like illness and unnecessary visit to crowded or poorly ventilated places.

For patients with severe illness or those who take medicines to relieve influenza symptoms but do not feel better within 3 - 4 days, it is crucially urgent to seek a medical care at a hospital nearby. The high risk groups of having severe influenza include pregnant women, young children aged 6 months - 2 years old, people with underlying chronic diseases (such as COPD, asthma, heart disease, stroke, kidney failure, cancer patients undergoing chemotherapy, diabetes and thalassemia), the elderly aged over 65 years, obese people, mentally disabled, and those with impaired immunity.



For queries or additional information, please call DDC hotline 1422

