

# REPORT DISEASE AND HEALTH HAZARD NEWS OF INTEREST ALONG THE BORDER

January 5 - 11, 2023

## WEEKLY EVENTS

- On January 4, 2023, The Laotian Times reported that the Ministry of Public Security, Lao PDR, specified criteria for health insurance for foreign workers who come to work in the country. Workers must have health insurance to cover expenditures for COVID-19. Lao PDR has coordinated with insurance providers to facilitate insurance services at border checkpoints across the country.
- The Office of International Cooperation, Department of Disease Control organized a meeting and study visit between Thailand and Lao PDR from January 12-13, 2023 on public health to exchange information on diseases and health threats. The Champasak Public Health Office (Lao PDR) and the Ubon Ratchathani Public Health Office (Thailand) discussed disease prevention and control including plans for joint development to increase the potential of international information exchange under the Memorandum of Agreement between Thailand and Lao PDR.
- On January 1, 2023, the Border News Agency reported that in Sop Moei District, Mae Hong Son along the Thai-Myanmar Border, an area to develop a helipad was being prepared to improve the emergency health referral health system. Two small communities Ban Glosselo and Ban Bun Le of the Karen people donated space for the helipad. The construction budget is supported by the National Institute of Emergency Medicine.

## BEWARE OF **FOOD POISONING** DURING CHILDREN'S DAY AND CHINESE NEW YEAR FESTIVALS

According to the weekly disease surveillance report of Department of Disease Control, (January 2-8, 2023), there were 349 cases of food poisoning in a prison in Phuket, with one death. The suspected food was mussels. It is expected that more food poisoning cases may be detected in January because there are various festivals such as Children's Day and Chinese New Year. These festivals are celebrated with the distribution of food and group gatherings. The food prepared and consumed during the festivals may be home-cooked or ordered from restaurants for large groups, and if the food is not fresh and hygienic there is risk of food poisoning clusters.

Most symptoms will show up within 1-2 days depending on the pathogen and the amount of pathogen that infects the body. It is also common for symptoms to arise within a few hours or up to a week after consumption. Typical symptoms include nausea, vomiting, abdominal pain, loose or watery stools (more than three times a day), along with other symptoms such as headache, dry throat, thirst, and possibly fever. Patients with diarrhea may become dehydrated and possibly go into shock. Electrolyte solutions should be consumed frequently to prevent dehydration. If symptoms do not improve, patients should seek a doctor immediately.



## RECOMMENDATIONS FOR OFFICIALS

Public health officials should work with local officials to publicize to the community about the dangers of food poisoning and the prevention principles of eating "cooked, hot, and clean" food, not eating raw food. Cooked food that has been sitting for more than two hours must be thoroughly heated before eating. Always wash hands with soap and water before preparing and eating food, as well as after going to the bathroom. If the food has a change in shape, taste, smell, color, it should not be eaten. People preparing food must closely adhere to the principles of food hygiene and sanitation.

## INFORMATION COLLECTED AND ANALYZED BY

Multisectoral Capacity Development Program for Public Health Emergency Detection and Response in Border Areas

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- Image courtesy of: <https://health.kapook.com/view31279.html>