

Department of Disease Control Weekly Disease Forecast_Influenza (26 August – 1 September 2018)

This year up to 20 August 2018, the Department of Disease Control reveals influenza situation from the national disease surveillance system that there were 89,846 influenza cases (12 deaths). Most of the deaths (9) were the elderly people aged 61 - 87 years.

Most of the outbreaks occurred in crowded places such as schools, military camps and prisons. Ten incidents were in schools. School outbreaks occurred every weeks in August.



This weekly disease forecast has projected that influenza will continue to occur during this rainy season while the weather keeps changing.

Influenza is a highly contagious respiratory illness caused by influenza viruses. The viruses are mainly spread person to person by droplets made when people with flu cough, sneeze, or talk. Influenza may also spread when people share contaminated eating or drinking utensils as well as when they touch surfaces with infected droplets such as door knob, mobile phone, and hand towel and then touch their mouth, eyes, or nose. Therefore, the prevention of the disease can be done by avoiding close contact with those with flu-like illness, avoiding sharing utensils and washing hands often.

The Department of Disease Control advises people to protect themselves well from the disease. Schools should screen students with influenza-like illness (ILI), i.e. fever, cough, running nose, and muscle aches. Students with ILI should be isolated then be absent for home care to prevent spreading of influenza virus to others. If there are many students with ILI, public health officers should be consulted for consideration on school closure to stop flu outbreaks. Hand-washing facilities with soap or alcohol hand sanitizer should be provided. Provision of health education to promote good personal hygiene including wearing face masks, washing hands often and separating personal items from others is essential. Frequent cleansing of sharing spaces especially touching surfaces such as door knobs that might be contaminated with the viruses is helpful.

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



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