

Department-of Disease Control Weekly Disease Forecast No.175_Dengue (2 – 8 September 2018)

From the national disease surveillance system during 1 January – 28 August 2018, the Department of Disease Control reveals 50,079 dengue cases of which 65 died. The highest incidence rate was found in the age group 10 -14 years. Most patients were students.

The Central region had the highest incidence rate (cases per 100,000 population). Provinces with the top five incidence rates were Nakhonpathom, Phichit, Maehongson, Phuket and Krabi respectively.



This week disease forecast reveals a continue trend of dengue occurrence during this rainy season with more outdoor stagnant water serving as mosquito breeding sites.

The Department of Disease Control (DDC) therefore advises people in all households, communities, and workplaces to routinely eliminate mosquito breeding sites using the measure called “3 Do’s to prevent 3 diseases (dengue, chikungunya and Zika virus)”, i.e. 1) cover water-storage containers, change water in small containers every 7 days and eliminate all outdoor mosquito breeding sites, 2) dispose garbage properly, and 3) keep houses tidy without any corners suitable for mosquitoes to rest. DDC also emphasizes that strong and continuous participation from all people using the measure is a key success factor for prevention and control of dengue and other vector-borne diseases.

People should protect themselves and their children from mosquito bites by sleeping in rooms with mosquito screens or in mosquito nets and by wearing long sleeve shirts, long pants and applying mosquito repellents such as DEET to exposed skin or to clothing when staying outdoor especially after sunrise and before sunset. Schools should provide risk communication to raise awareness of dengue among students.

Dengue patients usually have abrupt high grade fever, headache, anorexia, nausea and vomiting but no running nose and coughing. Paracetamol, but not Aspirin, is safe to use as antipyretics. Sponge the patient’s skin is also helpful. Warning signs of shock should be watched for especially when temperature declines, i.e. bleeding from nose or gums, drowsiness or irritability, pale, cold, or clammy skin or difficulty breathing. If the illness is not improving within 2 days, a special medical care at the hospital for life saving is urgently needed.

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



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