

# Department-of Disease Control

## Weekly Disease Forecast No.87\_Hypothermia Death (12 – 18 December 2016)

From the national disease surveillance system, since the start of this winter season (30 October 2016), there were 94 deaths from exposure to cold temperature. The provinces with highest number of deaths were Nakhon Ratchasima (7), Prachinburi (7), Buengkan (6), and Chiangmai (5). Most of the victims were male aged over 65 years old and were workers. Most were found dead indoors.

The risk factors of hypothermia death were drinking alcohol (45 %), high blood pressure (19.35 %), alcoholism (17.7 %) and asthma (17.7 %).



This week disease forecast reveals a continue risk of hypothermic death from exposure to cold temperature especially during December 2016 to February 2017.

The Department of Disease Control (DDC) thus encourages all, especially the elderly, people with health risks such as high blood pressure and asthma, to keep healthy, do regular exercise and keep themselves warm in cold temperature by dressing properly. DDC also warns people not to drink alcohol when expose to cold weather as alcohol will warm only the skin while the body gets cold and loses heat faster.

Hypothermia is an emergency condition. It can quickly lead to unconsciousness and death if the heat loss continues. If someone is having the symptoms of hypothermia, i.e. shivers violently stumble, or can't respond to questions, he or she need to be warmed quickly and brought for a special medical care urgently.

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

