

Department of Disease Control

Weekly Disease Forecast No. 112_Influenza

(12 – 18 June 2017)

According to the national disease surveillance system, during 1 January – 4 June 2017, there were 26,448 influenza patients with 1 death. Most of the influenza cases were found in age group 25 - 34 years old (11.41%) and in the Northern region.

During the past week, an influenza outbreak among students was reported. Concerns on the spreading of the virus into communities and infecting high risk people can not be overlooked.



According to this week disease forecast, influenza will continue to occur during this rainy season. Therefore during 1 June to 31 August 2017, DDC recommends free influenza vaccination at all public hospitals nationwide for medical and health personnel and people with high risk of serious influenza illness including: (1) pregnant women at 4 months gestation and over; (2) young children aged 6 months - 2 years old; (3) people with chronic diseases such as COPD, asthma, heart, stroke, kidney failure, cancer patients undergoing chemotherapy and diabetes; (4) the elderly aged over 65 years and older; (5) obese people who weigh more than 100 kg., people with brain disability, thalassemia and impaired immunity including people living with HIV/AIDS with symptoms.

DDC advises people to protect themselves well from the disease by having enough sleep and regular exercise and follow measures, i.e. **Cover** - wear face masks when having symptoms of flu such as coughing, sneezing, and runny nose, **Wash** - wash hands with soap and water often, **Avoid** - avoid close contact with people with influenza-like illness, and **Be absent** - patients with flu symptoms should be absent from school, work, and activities in crowded or poorly ventilated places to prevent the spread of influenza virus to others.

Patients at high risk of serious flu illness and those with influenza-like-illness (ILI) but having high fever, intense headache and body aches and exhaustion should seek an urgent hospital care.

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

