

Department of Disease Control, Weekly Disease Forecast No. 99_ Diarrhea (13 – 19 March 2017)

According to the national disease surveillance system, the Department of Disease Control has found 169,168 diarrhea cases with 1 death during 1 January – 6 March 2017. The highest diarrhea incidence rates were in age groups 65 years and over followed by 15 – 24 years and 25 -34 years respectively.

Last week, there were reports of diarrhea clusters in some areas. Most of the patients were children aged under 5 years. Investigations found the potential sources of diarrheal pathogens to be from contaminated environment from unhygienic disposal of garbage.



According to this week disease forecast, there might be more diarrhea cases due to hot weather during summer that allow easy growth of pathogens. Records showed more diarrhea cases during January to March.

The Department of Disease Control therefore advises people to practice personal hygiene, i.e. “eat freshly-cooked and clean food, use serving spoon and wash hands often”. Proper hand washing (i.e. at least 20 seconds), before preparing and eating meals and after using toilet or changing diapers, is helpful for diarrhea prevention. Clothing contaminated with feces should be separately washed or disposed properly.

The best first aid for diarrhea is drinking Oral Rehydration Salts (ORS) solution to prevent dehydration and shock. For severe illness and young children, medical care should be sought immediately.

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

