



Highlights of diseases and event in November 2017

Situation of Influenza

From 1 January to 7 November 2017, total 171,910 cases (attack rate 261.14 per 100,000 population) and 60 fatalities (case fatality rate 0.03%) of influenza were reported to the national epidemiological disease surveillance (R506) system. The age group affected most was 0-4 years old, followed by 5-14 and 15-24 years old while people older than 65 years old showed the highest case fatality rate, followed by 55-64 years old. Bangkok, Nakhon Ratchasima, Rayong, Nakhon Pathom and Nan were the provinces with the highest attack rate per 100,000 population.

Influenza A virus with unsubtype was found in 46.67%, followed by influenza B (21.67%), A/H1N1 2009 (18.33%), A/H3 (11.67%) and unknown serotype (1.67%).

The reported number of influenza and influenza-like illness (ILI) have been reducing. Nonetheless, the number of influenza cases were still higher than 5-year median for about three times.

The Department of Disease Control has assigned the Office of Disease Prevention and Control 12 and the Urban Institute for Disease Prevention and Control to monitor, prevent and attend to ILI patients, and has informed public health officers to monitor and educate public about prevention measures, especially in the areas with high disease burden such as army camps, prisons and schools. If a suspected patient is detected, that person should be isolated to terminate the transmission and treated until complete recovery.

The public should also take care of health by “Cover, Wash, Avoid and Stop”. “Cover” means covering of mouth and nose with cloth or tissue every time while coughing. In case of influenza infection, a face mask should be put on whenever going to the public

areas. “Wash” means washing of hands frequently with water and soap or alcohol gel after contact with materials such as door lock, knob and railing of stairs and public bus. “Avoid” means avoiding close contact with patients. “Stop” means discontinuing from school, work or activities in crowded places when someone gets sick. In case of mild symptoms, the patients should rest at home for treatment for seven days from the date of onset until one day after complete recovery.

As the influenza infection can be transmitted by respiratory droplets, saliva and sputum of the infected people, it can easily spread via coughing and sneezing. Although symptoms are similar to common cold, influenza can cause muscle ache, headache and fatigue. The infection usually recover 2-4 days. Complications such as pneumonia, difficulty in breathing and even fatal can occur in risk groups. Hence, if the symptoms are not relieved within 48 hours or people manifest risk factors, they should seek medical attention at earliest.

Source of information: Outbreak Verification Summary, 45th Week, 6-12 November 2017)