



WEEKLY EPIDEMIOLOGICAL REPORT

A publication of the Epidemiology Unit
Ministry of Healthcare and Nutrition

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Hygiene (Part 2)

Families and communities can protect their water supply by:

Lining and covering open wells, installing a hand pump and protecting the immediate area from animals and vandalism

Protecting a spring with a spring box

Disposing of faeces and waste water (especially from latrines and household cleaning) well away from any water source used for cooking, drinking or washing

Building latrines at least 15 metres away and downhill from a water source

Always keeping jerry-cans, buckets, pitchers, ropes and jars used to collect and store water as clean as possible by storing them in a clean place, off the ground and away from animals

Keeping all animals away from drinking water sources and family living areas
Avoiding the use of pesticides or chemicals anywhere near a water source.

Families can keep water clean in the home by:

Storing drinking water in a clean, covered container

Washing hands regularly – including before handling stored clean water

Taking water out of the container with a clean ladle or cup

Having a tap on the water container

Not allowing anyone to put their fingers or hands into the container or to drink directly from it.

Keeping all animals away from stored water.

If there is uncertainty about the safety of the drinking water, local authorities should be consulted.

Raw or leftover cooked food can be dangerous. Raw food should be washed or cooked. Cooked food should be eaten without delay or thoroughly reheated before eating.

Cooking food thoroughly kills germs. Food, especially meat and poultry, should be cooked all the way through.

Germs grow quickly in warm food. Food should be eaten as soon as possible after cooking so it does not have time to collect germs.

If food has to be kept for more than two hours, it should be kept either very hot or very cool.

If cooked food is saved for another meal, it should be covered to keep off flies and insects and then thoroughly reheated before being eaten.

Yogurt and sour porridge are good to use in the preparation of meals because their acid prevents the growth of germs.

Raw food, especially poultry and seafood, usually contains germs. Cooked food can collect germs if it touches raw food, and these germs can breed in the cooked food in a few hours. Raw and cooked foods should always be kept separate. Knives, chopping boards and surfaces should always be cleaned with soap and water after preparing raw food.

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Special care should be taken in preparing food for infants and small children. Their food should be freshly made and eaten immediately, not left standing.

Breast milk is the safest (and most nutritious) milk for infants and young children. Expressed breast milk can be stored at room temperature for up to eight hours in a clean, covered container.

If older children are given animal milk it should be freshly boiled or pasteurized (a special way of heating milk to destroy harmful bacteria).

All poultry and poultry products should be cooked the whole way through.

Fruit and vegetables should be peeled or washed thoroughly with clean water, especially if they are to be eaten raw by young children. Fruits and vegetables are often treated with chemicals such as pesticides and herbicides, which can be harmful.

Hands should be washed with soap and water after handling raw foods.

Food, utensils and preparation surfaces should be kept clean and away from animals. Food should be stored in covered containers.

Germs on food can be swallowed and cause illness. To protect food from germs:

Keep food preparation surfaces clean
Keep knives, cooking utensils, pots and plates clean and covered

Wash cloths used to clean dishes or pans thoroughly every day and dry them in the sun. Wash plates, utensils and pans immediately after eating and put them on a rack to dry

Keep food in clean, covered containers to protect it from insects and animals

Do not use feeding bottles or teats, because they may contain germs that cause diarrhoea. Breast feed, or feed children from a clean, open cup. If bottles/teats are used, clean them after each use with boiling water.

Safe disposal of all household refuse helps to keep the living environment clean and healthy. This helps prevent illness.

Germs can be spread by flies, cockroaches, rats and mice, which thrive in garbage such as food scraps and peelings from fruit and vegetables. If there is no community-wide refuse collection, each family needs a garbage pit where household refuse is buried or burned every day. Keeping the household and nearby areas clean and free of faeces, refuse and waste water can help prevent disease.

Household waste water can be disposed of safely by making a soak pit or a channel to the kitchen garden or to the field. Chemicals such as pesticides and herbi-

cides can be very dangerous if even small quantities get into the water supply or onto food, hands or feet. Clothes and containers used when handling chemicals should not be washed near a household water source. Pesticides and other chemicals should not be used around the household or near a water source. Chemicals should not be stored in or near drinking water containers or near food. Never store food or water in pesticide or fertilizer containers.

Hygiene is very important during menstruation. Clean and dry feminine hygiene products should be available to girls and women. A clean, private space should be provided to allow them to clean themselves and wash and dry their cloths. Sanitary napkins need to be disposed of carefully with other refuse or burned.

Adolescent and pre-adolescent girls need to be informed about the significance of menstruation in relation to reproduction and the importance of menstrual hygiene. They need information on how to care for and clean themselves when they are menstruating. Boys should also learn about menstruation and be aware of girls' particular hygiene needs.

Hygienic menstruation practices among adolescent girls and women should be promoted and supported.

Clean and dry feminine hygiene products such as cloths or napkins should be available. Where cloths are used it is important that they are regularly washed with soap and water and dried fully in the sun before the next use. Damp cloths can carry germs that can lead to infections. Used sanitary napkins should be disposed of in a refuse pit or collected and burned.



Water and soap should be provided in a private place (bathing area, latrine) for girls and women to wash during menstruation and for washing their hands after changing their cloth/napkin. Poor menstruation hygiene can lead to fungal infections. Repeated infections can lead to serious reproductive tract infections. These could cause infertility.

Schools should have separate latrines for girls and boys. The girls' latrine in particular needs access to water and soap so girls can clean themselves.

When girls and women are menstruating, their privacy needs to be respected.

Source: Facts for Life (Fourth Edition)

Table 1: Vaccine-preventable Diseases & AFP

18th - 24rd December 2010(51th Week)

Disease	No. of Cases by Province									Number of cases during current week in 2010	Number of cases during same week in 2009	Total number of cases to date in 2010	Total number of cases to date in 2009	Difference between the number of cases to date in 2010 & 2009
	W	C	S	N	E	NW	NC	U	Sab					
Acute Flaccid Paralysis	01	00	00	00	00	00	00	00	00	01	03	66	76	+ 13.6 %
Diphtheria	00	00	00	00	00	00	00	00	00	00	00	00	00	-
Measles	00	00	00	00	00	00	00	00	00	00	03	88	174	- 49.4 %
Tetanus	00	00	00	00	00	00	00	00	00	00	00	23	29	- 20.7 %
Whooping Cough	00	00	00	01	00	00	00	00	01	02	00	32	65	- 50.7 %
Tuberculosis	136	02	14	17	04	13	01	00	08	205	187	10027	10069	- 0.41 %

Table 2: Newly Introduced Notifiable Disease

18th - 24rd December 2010(51th Week)

Disease	No. of Cases by Province									Number of cases during current week in 2010	Number of cases during same week in 2009	Total number of cases to date in 2010	Total number of cases to date in 2009	Difference between the number of cases to date in 2010 & 2009
	W	C	S	N	E	NW	NC	U	Sab					
Chickenpox	07	01	09	00	01	14	01	01	07	42	51	3330	14253	- 76.6 %
Meningitis	02 CB=1 GM=1	00	01 GL=1	00	01 BT=1	01 KR=1	02 AP=2	00	01 RP=1	08	51	1542	1812	+ 27.4 %
Mumps	05	01	00	00	00	02	04	00	03	15	15	1235	1691	- 14.9 %
Leishmaniasis	00	00	00	00	00	00	02 AP=2	00	00	02	05	403	663	- 39.2 %

Key to Table 1 & 2

Provinces: W: Western, C: Central, S: Southern, N: North, E: East, NC: North Central, NW: North Western, U: Uva, Sab: Sabaragamuwa.
 DPDHS Divisions: CB: Colombo, GM: Gampaha, KL: Kalutara, KD: Kandy, ML: Matala, NE: Nuwara Eliya, GL: Galle, HB: Hambantota, MT: Matara, JF: Jaffna, KN: Killinochchi, MN: Mannar, VA: Vavuniya, MU: Mullaitivu, BT: Batticaloa, AM: Ampara, TR: Trincomalee, KM: Kalmunai, KR: Kurunegala, PU: Puttalam, AP: Anuradhapura, PO: Polonnaruwa, BD: Badulla, MO: Moneragala, RP: Ratnapura, KG: Kegalle.

Data Sources:

Weekly Return of Communicable Diseases: Diphtheria, Measles, Tetanus, Whooping Cough, Chickenpox, Meningitis, Mumps.

Special Surveillance: Acute Flaccid Paralysis.

Leishmaniasis is notifiable only after the General Circular No: 02/102/2008 issued on 23 September 2008.

Dengue Prevention and Control Health Messages

Look for plants such as bamboo, bohemia, rampe and banana in your surroundings and maintain them free of water collection.

Table 4: Selected notifiable diseases reported by Medical Officers of Health
18th - 24th December 2010(51th Week)

DPDHS Division	Dengue Fever / DHF*		Dysentery		Encephalitis		Enteric Fever		Food Poisoning		Leptospirosis		Typhus Fever		Viral Hepatitis		Human Rabies		Returns re-
	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	
Colombo	18	5884	2	316	0	17	1	205	7	62	1	601	0	9	2	75	0	1	85
Gampaha	12	3932	1	198	0	29	1	68	0	28	7	591	0	17	1	132	0	6	47
Kalutara	2	1809	1	256	0	15	2	46	7	86	1	433	0	5	0	41	0	3	50
Kandy	3	1643	6	351	0	6	0	35	0	16	4	194	1	148	1	155	0	1	78
Matale	7	642	1	315	0	8	0	38	0	82	0	137	1	8	2	56	0	1	58
Nuwara Eliya	0	224	1	349	0	1	1	122	0	89	1	36	3	72	0	52	0	0	62
Galle	2	1110	1	253	0	10	1	15	0	59	3	186	0	26	0	24	0	5	84
Hambantota	1	806	2	99	0	7	0	4	1	17	3	114	0	92	0	20	0	0	82
Matara	2	612	0	174	0	8	0	15	0	53	1	383	2	137	0	21	0	1	71
Jaffna	15	2986	5	311	0	8	9	640	0	10	0	1	3	157	3	91	0	2	75
Kilinochc	1	52	1	22	0	0	0	12	0	1	0	3	0	0	0	1	0	2	25
Mannar	1	566	0	48	0	2	0	48	0	10	2	5	0	1	0	18	0	1	50
OVavuniya	2	579	0	60	0	3	1	46	0	13	1	3	0	1	0	13	0	2	100
Mullaitivu	0	22	0	26	0	0	3	9	0	0	3	8	0	0	0	1	0	1	33
Batticaloa	2	1245	0	211	0	5	1	41	0	39	0	13	0	4	1	9	0	4	64
Ampara	0	167	1	129	0	1	0	10	0	65	0	33	0	1	0	16	0	0	71
Trincomalee	2	984	0	163	0	14	0	7	0	16	1	43	0	22	0	18	0	2	73
Kurunegala	2	1420	13	400	0	21	5	70	5	40	5	387	2	62	4	132	0	4	62
Puttalam	4	1041	12	282	0	8	0	58	0	240	3	80	0	11	0	24	0	1	78
Anuradhapur	4	1094	1	174	0	11	0	17	1	47	8	116	0	32	0	55	0	4	53
Polonnaruwa	1	400	0	115	0	2	0	8	0	10	1	95	0	2	0	49	0	0	29
Badulla	1	1325	1	229	0	1	7	111	0	33	0	91	0	124	0	113	0	0	40
Monaragala	2	1062	1	187	0	2	0	48	0	10	0	48	0	100	0	100	0	3	27
Ratnapura	7	2819	1	489	0	8	0	25	0	27	2	429	1	65	0	108	0	3	56
Kegalle	2	911	3	169	0	18	0	82	0	29	4	420	0	33	0	134	0	0	82
Kalmunai	1	558	0	329	0	3	0	14	0	9	0	3	0	0	0	13	0	1	54
SRI LANKA	94	33893	54	5652	00	20	32	1794	21	109	51	4453	13	1129	14	1471	00	48	63

Source: Weekly Returns of Communicable Diseases WRCD).

*Dengue Fever / DHF refers to Dengue Fever / Dengue Haemorrhagic Fever.

**Timely refers to returns received on or before 24th December, 2010 Total number of reporting units =320. Number of reporting units data provided for the current week: 202

A = Cases reported during the current week. B = Cumulative cases for the year.

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Comments and contributions for publication in the WER Sri Lanka are welcome. However, the editor reserves the right to accept or reject items for publication. All correspondence should be mailed to The Editor, WER Sri Lanka, Epidemiological Unit, P.O. Box 1567, Colombo or sent by E-mail to chepid@sltnet.lk.

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