

# INFECTIOUS DISEASE

**diseases caused by microscopic germs that get into the body and can potentially cause problems**

# CONTAGIOUS DISEASE

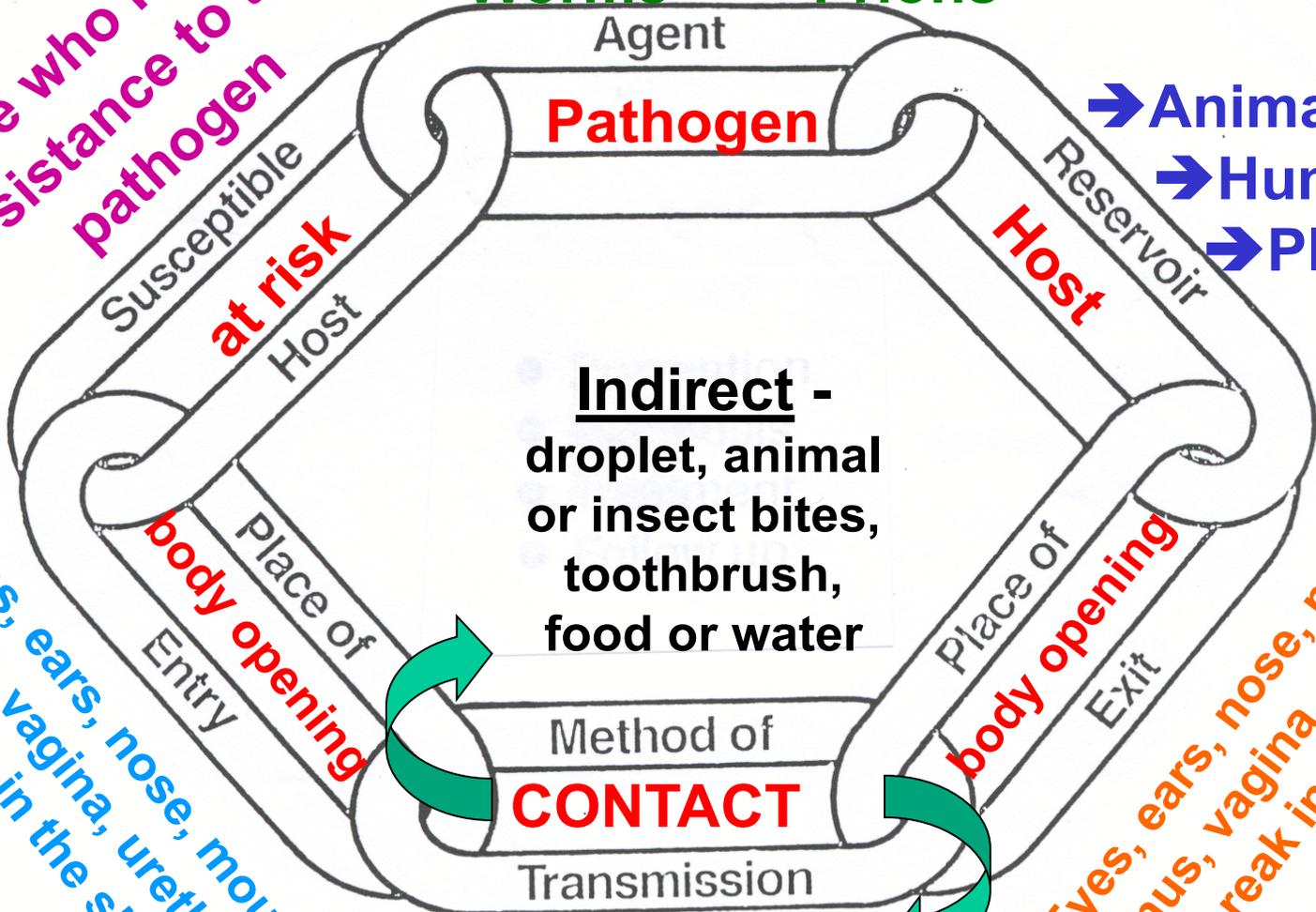
**A disease that can be passed from person to person**

Extra reading (optional): What's the Difference Between Infectious and Contagious? <https://kidshealth.org/en/teens/contagious.html>

# Chain of Infection

**Bacteria**      **Protozoa**  
**Virus**        **Fungi**  
**Worms**        **Prions**

Anyone who has little  
resistance to the  
pathogen



Eyes, ears, nose, mouth,  
anus, vagina, urethra,  
break in the skin

**Direct -** body fluids, saliva, blood  
mucus, semen, vaginal fluid

Eyes, ears, nose, mouth,  
anus, vagina, urethra,  
break in the skin

BREAK the Chain  
and the Infection  
**ENDS!**



# BREAKING THE LINKS

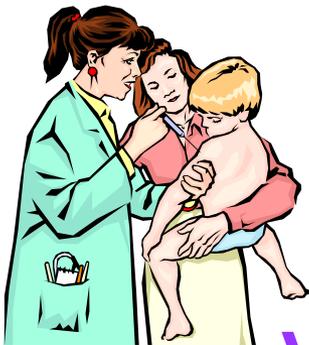
## AGENT

**Bacteria - kill  
with antibiotics**



## HOST

**Isolate  
(stay home  
and rest)**



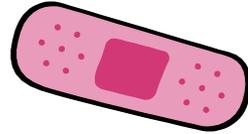
## SUSCEPTIBLE HOST

**Vaccines, low stress lifestyle,  
healthy diet, proper sleep,  
exercise, wash your hands**



# PLACE OF ENTRY

Band-aid



condom

WASH YOUR HANDS



# PLACE OF EXIT

COVER OPENING

mouth, penis,  
wound, etc.

# METHOD OF TRANSMISSION



Don't share personal items, body fluids,  
food or drinks



<http://video.google.com/videoplay?docid=-2127141329003979855&hl=en>

# PREVENTION



- **WASH YOUR HANDS FREQUENTLY**
- Eat a healthy, balanced diet
- Stay hydrated
- Reduce your stress levels - relax
- **Try to avoid close contact with sick people**
- Get enough sleep
- **Don't share personal items**
- Cover your mouth
- **Be on guard outdoors**
- **GET VACCINATED**

