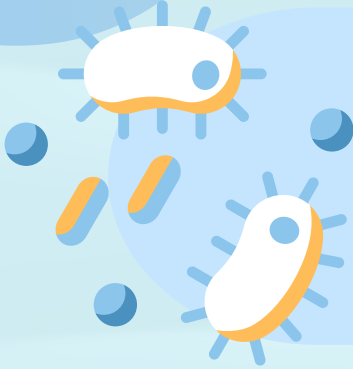




Hygiene

EDUCATION



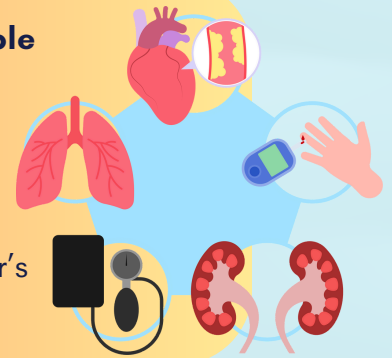
What is a disease?

A disease is a condition that impairs the proper function of the body or one of its parts. Bacteria are tiny, single-celled organisms that obtain their nutrients from their environment. Viruses are cells that live inside a living organism.



A **communicable disease** can be spread from one person to another through different modes of transmission and is caused by bacteria or viruses. Examples are strep throat or the common cold.

A **non-communicable disease** is not spread from one person to another. Examples are heart disease, diabetes, cancer, or Alzheimer's disease.



How do communicable diseases spread?

- Respiration: Breathing in bacteria or a virus through droplets in the air.
- Water: Drinking unsanitary water.
- Food: Eating food that has not been cooked or handled properly.
- Bodily Fluids: Being exposed to infected body fluids.
- Animals or Insects: Being in close contact with an infected animal or insect.

How can I prevent the spread of communicable diseases?

- Wash your hands frequently or use alcohol-based hand sanitizers.
- Cover your mouth and nose with a tissue or the inside of your elbow when coughing or sneezing.
- Stay home when you are sick.
- Avoid close contact with anyone who is sick.
- Clean and disinfect surfaces.
- Use personal protective equipment like gloves or hairnets when handling food.

