



PREVENTION OF INFECTIOUS DISEASES

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school “If not for dust ,humanity
would have lived a thousand years”
Avicenna*

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Infectious diseases are diseases that occur through various microorganisms: bacteria, viruses, fungi or parasites. They can be transmitted from person to person, from animal to person, or through contaminated food, water, and air. Prevention of such diseases is one of the most important factors in ensuring public health.

The main types of infectious diseases

1. Air-droplet transmission (flu, measles, COVID-19)
2. Those transmitted through the digestive tract (intestinal infections, dysentery, hepatitis A)
3. Blood-borne (VICH, hepatitis B and C)
4. Contact-mediated infections (skin infections, fungal diseases)
5. Animal transmission (rabies, echinococcosis)

Preventive measures

1. Compliance with general sanitary and hygienic rules
 - Regular hand washing
 - Use of clean drinking water
 - Thoroughly washing and cooking food



2. Vaccination

- Vaccination based on the vaccination calendar designed for children and adults
- Additional vaccination (for example, against influenza), depending on the epidemiological situation

3. Adherence to a healthy lifestyle

- Immunity-strengthening diet and physical activity
- Avoid smoking and alcohol

4. Identification and isolation of the source of infection

- Timely identification of infected patients
- Quarantine measures

5. Role of medical personnel

- Early diagnosis and treatment of diseases
- Carrying out explanatory work to the population
- Carrying out disinfection measures

Conclusion

Prevention of infectious diseases is a guarantee of a healthy society. The fact that every citizen follows hygiene, gets vaccinated, leads a healthy lifestyle prevents the spread of diseases. Medical personnel, on the other hand, should always be active as the main support in this process.

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