

Infectious diseases

VS

Non infectious diseases

- Spread from one person to another
 - caused by disease-causing organisms
- pathogens

- ↳ Bacteria
- ↳ viruses

Ex of infectious diseases

- Influenza
- HIV
- pneumococcal disease



A **disease** is a condition that causes the body to function less effectively. Diseases produce specific signs or symptoms.

- NOT caused by pathogens
 - NOT spread from one person to another
 - > can be inherited
 - > caused by malnutrition, environmental factors (pollution) & lifestyle choices
- Ex of non-infectious diseases
- ↳ types 2 diabetes
 - ↳ sickle cell anaemia

How are infectious diseases spread?

o Through water droplets

When a person coughs or sneezes, numerous tiny respiratory droplets are expelled. These droplets may contain pathogens. Anyone within a close range (about 1 m) may breathe in these droplets and become infected. During a disease **outbreak**, people are advised to wear a mask and exercise social distancing. How can this protect us from pathogens?

o By direct contact.

Some diseases are spread through direct contact. For example, an infected person may infect another person by exchanging body fluids during sexual intercourse. Sexually Transmitted Infections (STIs) such as the Human Immunodeficiency Virus (HIV) can be transmitted in this way. Some diseases, such as hepatitis B and syphilis, can also be transmitted from mother to baby through breastfeeding.

o By contaminated food & water

Food and water can be contaminated with pathogens such as bacteria that cause a disease known as cholera (Figure 11.3). This can occur when food and water are not properly stored or handled. Methods to prevent and control the spread of **water-borne and food-borne diseases** include:

- practising hygienic food preparation & storage
- having good personal hygiene
- maintaining a clean water supply
- ensuring proper sewage treatment

