Preventing disease

How to prevent the spread of diseases

The transmission of pathogens can be prevented or reduced in a number of ways. A number of important methods of doing this to prevent the disease

1- Being Hygienic:

➤ **By** using simple hygienic method we can save ourself from disease like

a) washing your hands before touching food items

b) Use always boiled water or sterilise water.

c) Always use a handkerchief or small piece of cloth while sneezing or coughing

2- Destroying Vectors:

➤ We can stop the disease by destroying the vector
➤ For example insects that are work as vector for spreading disease, we can kill these insects by using insecticides or destroying their habitat to stop their reproduction

3- Isolating infected person

➤ Another method is to avoid disease is isolation of a infected person.
➤ For example. In Covid-19 the infected person get isolated himself till full recovery to stop the spreading the disease.
➤ Common examples are viral or bacterial infections like flu, infections et

4- Get vaccination

➤ Vaccinations introduce a small or weakened version of a pathogen into your body, and the immune system learns how to defend itself.
➤ vaccination is another method to avoid spreading the disease

Vaccine-Preventable Diseases
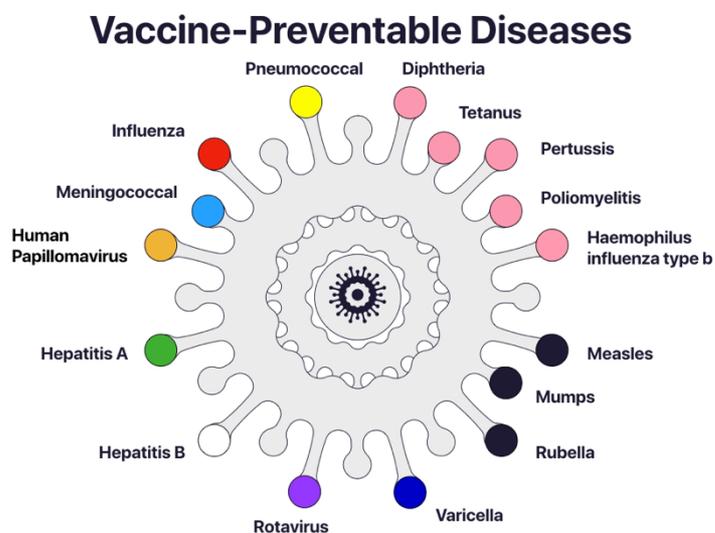
Here are some other methods that show how to prevent different diseases

Method	Example	How it works
Sterilizing water	Cholera	Chemicals or UV light kill pathogens in unclean water.
Suitable hygiene - food	Salmonella	Cooking foods thoroughly and preparing them in hygienic conditions kills pathogens.
Suitable hygiene - personal	Athlete's foot	Washing surfaces with disinfectants kills pathogens. Treating existing cases of infection kills pathogens.
Vaccination	Measles	Vaccinations introduce a small or weakened version of a pathogen into your body, and the immune system learns how to defend itself.
Contraception	HIV/AIDs	Using barrier contraception, like condoms, stops the transfer of bodily fluids and sexually transmitted diseases.