

Short note on prevention and control of infectious diseases

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Control of infectious diseases

Prevention and control of infectious diseases is required to prevent in the transmission of communicable diseases. To prevent the spread of infections following are the key points to follow

Cleanliness: Keep your home and your surrounding clean.

Washing hands: Wash your hands often to avoid before eating, before preparing the food, after preparing the food, after using the toilet. Washing hands prevent spreading of diseases. Wash hands with water, soap, sanitizers, etc.

Sharing personal items: Do not share personal items like toothbrush, razor blade, comb, drinking glasses, utensils on dining.

Antibiotics usage: Take antibiotics only when prescribed. Unless otherwise directed, or unless you are allergic to them, take all prescribed doses of your antibiotic, even if you begin to feel better before you have completed the medication.

Practice safe sex: Practice of using condoms while sex. Get tested for STDs (Sexually Transmitted Diseases).

Travelling: Do not travel when you are sick. Many people confined to such a small area, may infect other passengers while travelling. Talk to your doctor about immunizations you may need before or after travel.

Disinfect zones: Disinfect zones include kitchen & bathroom-two rooms that can have a high concentration of bacteria and other infectious agents.

Stay at home: Stay at home when you observe signs and symptoms of an infection like vomiting, diarrhoea, fever, etc. Vaccines are available to prevent several infectious diseases.

Vaccination: Get vaccinated as early as possible. Immunization can reduce the chances of contracting many infectious diseases.

Immunity boosters: Use immunity boosters in form of food and medicine to avoid getting infected with diseases.

- Cover mouth and nose when you sneeze or cough.
- Do not drink or swim in contaminated water supplies.
- Avoid eating, drinking outside food and beverages.
- Avoid crowds.
- Wear a mask in crowd.

Precautions of infections are of several types. They are

Standard precautions: Basic level to control infection. This level is to reduce the risk of transmission of infections.

Contact precautions: Direct contact or indirect contact anticipation with infections or contaminated body or fluids.

Droplet precautions: Should be take precaution while sneezing or coughing. Dispelling droplets into air cause infections.

Airborne precautions: Exposure of microorganisms transmits the route through air.

Full barrier precautions: Precautions should be taken for SARS (Severe Acute Respiratory Syndrome), pandemic influenza, hemorrhagic disease, etc.

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