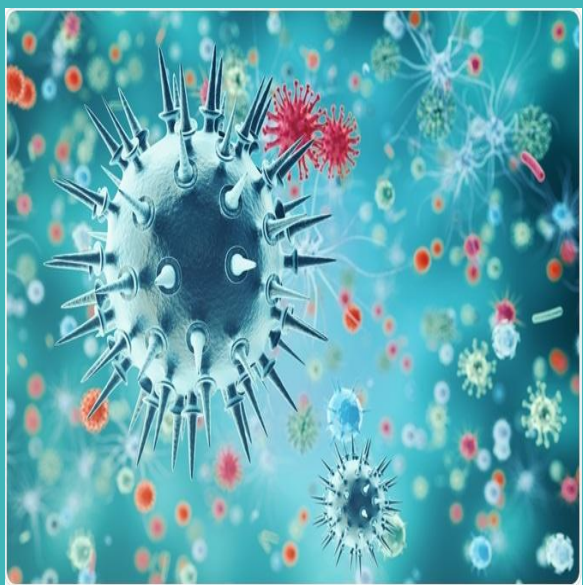


Infectious Diseases

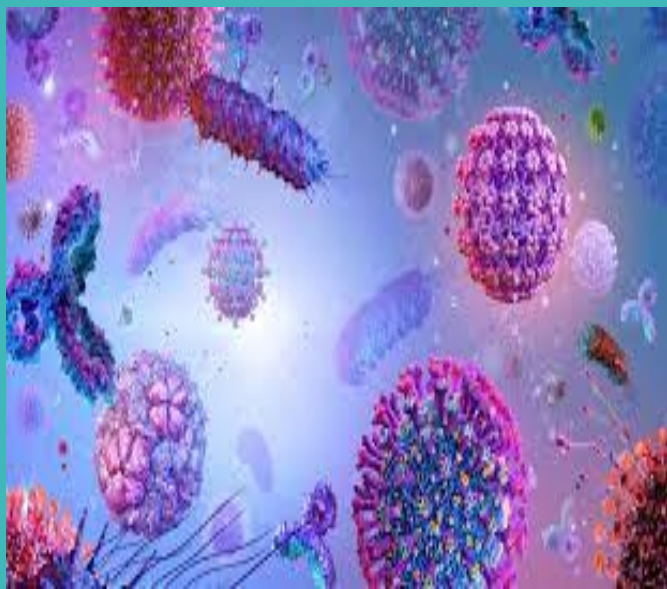


Infectious diseases are illnesses caused by harmful microorganisms like bacteria, viruses, fungi, or parasites. These tiny invaders enter the body, multiply, and disrupt normal functions — leading to sickness that can spread from person to person, animals, or the environment.

How They Spread

Germs travel fast! They spread through direct contact like touching or sneezing, contaminated food and water, insect bites, or even dirty surfaces.

Understanding how diseases move helps us stop them before they spread further



Common Examples:

Everyday infections are more common than we think — like the flu, malaria, tuberculosis, HIV/AIDS, and cholera. Some spread through air, others through mosquitoes or unsafe water. Each one can be controlled with the right preventive steps.

Prevention is Power

Simple habits can save lives: wash your hands often, keep your environment clean, get vaccinated, eat safe food, drink clean water, and sleep under treated mosquito nets. Prevention begins with personal responsibility.



Seeking Treatment Early

Never ignore symptoms like persistent fever, cough, or unexplained fatigue. Early diagnosis and proper treatment prevent complications and stop the spread to others. Avoid self-medication — always seek professional healthcare advice.

“Stop the spread — stay clean, stay healthy!”