Infectious diseases

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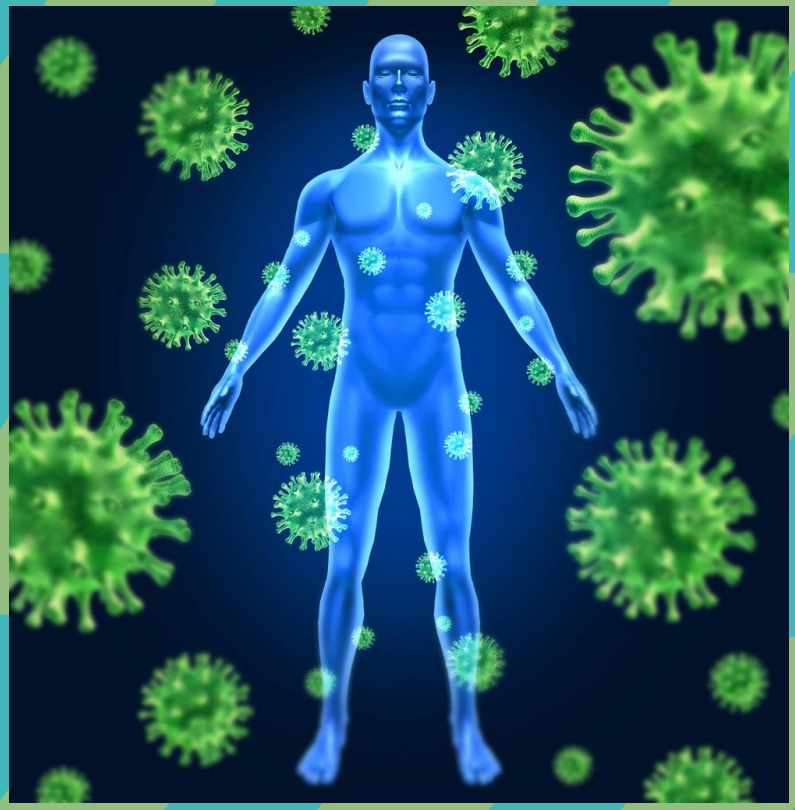
This presentation focuses on understanding Infectious diseases



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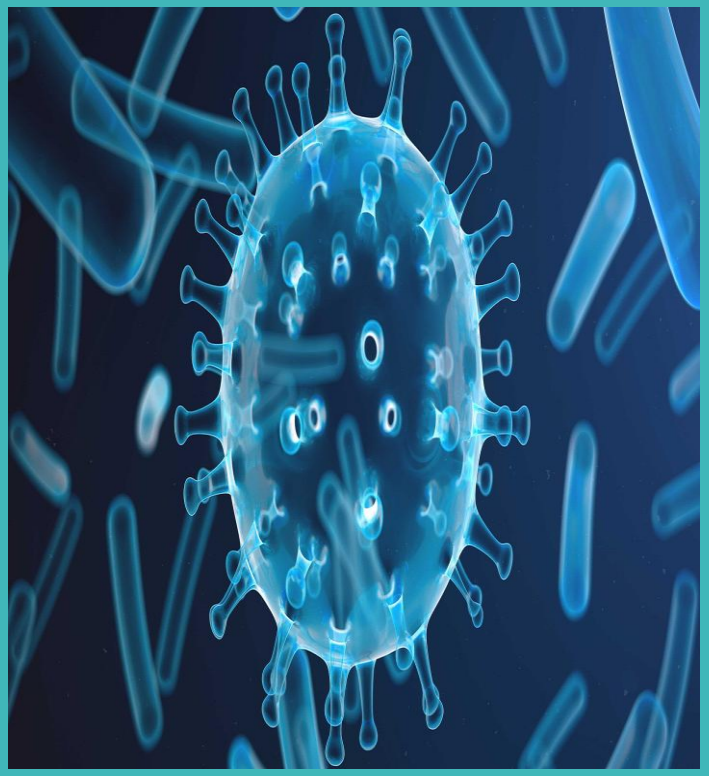
Understanding Infectious Diseases

- ✓ These diseases are caused by germs — bacteria, viruses, fungi, or parasites once they get inside our bodies.
- ✓ They spread through air, contact, food, water or vectors such as mosquitoes and flies.
- ✓ The immune system helps protect us from acquiring them and in fighting them when we do



Why Immunity Matters

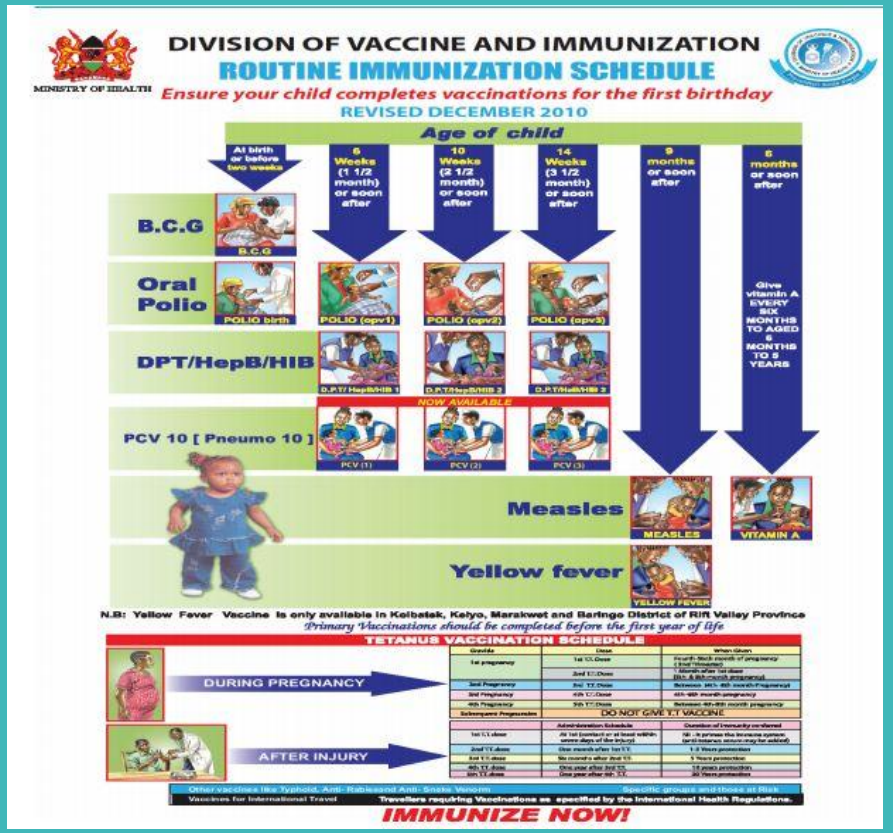
- ✓ Immunity is the body's protection against disease. It comprises of organs, cells and other molecules that work together to defend the body.
- ✓ Innate immunity is the body's natural defense against germs not encountered before. E.g., a physical barrier like skin.
- ✓ Acquired immunity occurs when the immune system is exposed to a germ and develops a specific defense towards it. It happens following an infection or with vaccination.
- ✓ Strong immunity means fewer infections.

Vaccination and Immunization

- ✓ Vaccines are preventive medical treatments that help the body build protection by training the immune system to recognize and deal with the threatening germs.
- ✓ They stimulate a response from the immune system when administered without causing illness in the recipient.
- ✓ Prevents deadly diseases like measles, polio, tetanus.
- ✓ Protects individuals and the community (herd immunity)

Routine Immunization Schedule

- ✓ At birth: BCG, OPV 0, Hep B – TB, Polio, Hepatitis
- ✓ 6 wks: OPV 1, Pentavalent 1, PCV 1, Rota 1 – Polio, DTP, Pneumonia, Rotavirus
- ✓ 10 wks: OPV 2, Pentavalent 2, PCV 2
- ✓ 14 wks: OPV 3, Pentavalent 3, PCV 3, Rota 2
- ✓ 9 mths: Measles-Rubella – Measles, Rubella
- ✓ 18 mths: Measles-Rubella booster – Continued protection



Who cannot have vaccines?

There are very few people who cannot have vaccines.

Generally, vaccines are only not suitable for:

- ✓ People who've had a serious allergic reaction (anaphylaxis) to a previous dose of the vaccine
- ✓ People who've had a serious allergic reaction to ingredients in the vaccine
- ✓ People with weakened immune systems (for example, because of cancer treatment or a health condition) may also not be able to have some vaccines.
- ✓ If you're not sure if you or your child can be vaccinated, check with a doctor

Vaccination – Side Effects

Most of the side effects of vaccination are mild and do not last long.

The most common side effects of vaccination include:

- ✓ The Area Where The Needle Goes In Looking Red, Swollen And Feeling A Bit Sore For 2 To 3 Days
- ✓ Feeling A Bit Unwell Or Developing A High Temperature For 1 Or 2 Days
- ✓ Older Children And Adults May Feel Faint
- ✓ Feeling Tired, Having A Headache, Mild Fever, Or Flu-like Symptoms
- ✓ Some Children Might Also Cry And Be Upset Immediately After The Injection. This Is Normal And They Should Feel Better After A Cuddle.
- ✓ Common Side Effects Usually Pass After A Few Days.

Flu and other Viral Illnesses

- ✓ Viral illnesses are infections caused by viruses, which can affect various parts of the body, particularly the respiratory system.
- ✓ Common viral infections include the flu, the common cold, respiratory syncytial virus (RSV) and COVID-19 virus
- ✓ These infections are often self-limiting, meaning they resolve on their own without the need for medical intervention.

Management of Flu/ Viral Illnesses

The following can help one feel better when having a flu:

- ✓ Rest and sleep
- ✓ Keep warm
- ✓ Take painkillers to lower your temperature and treat aches and pains
- ✓ Drink plenty of water to avoid dehydration

Antibiotics do not work for viral infections such as flu. GPs do not recommend antibiotics for flu because they will not relieve your symptoms or speed up your recovery.

Prevention of Flu/ Viral illness

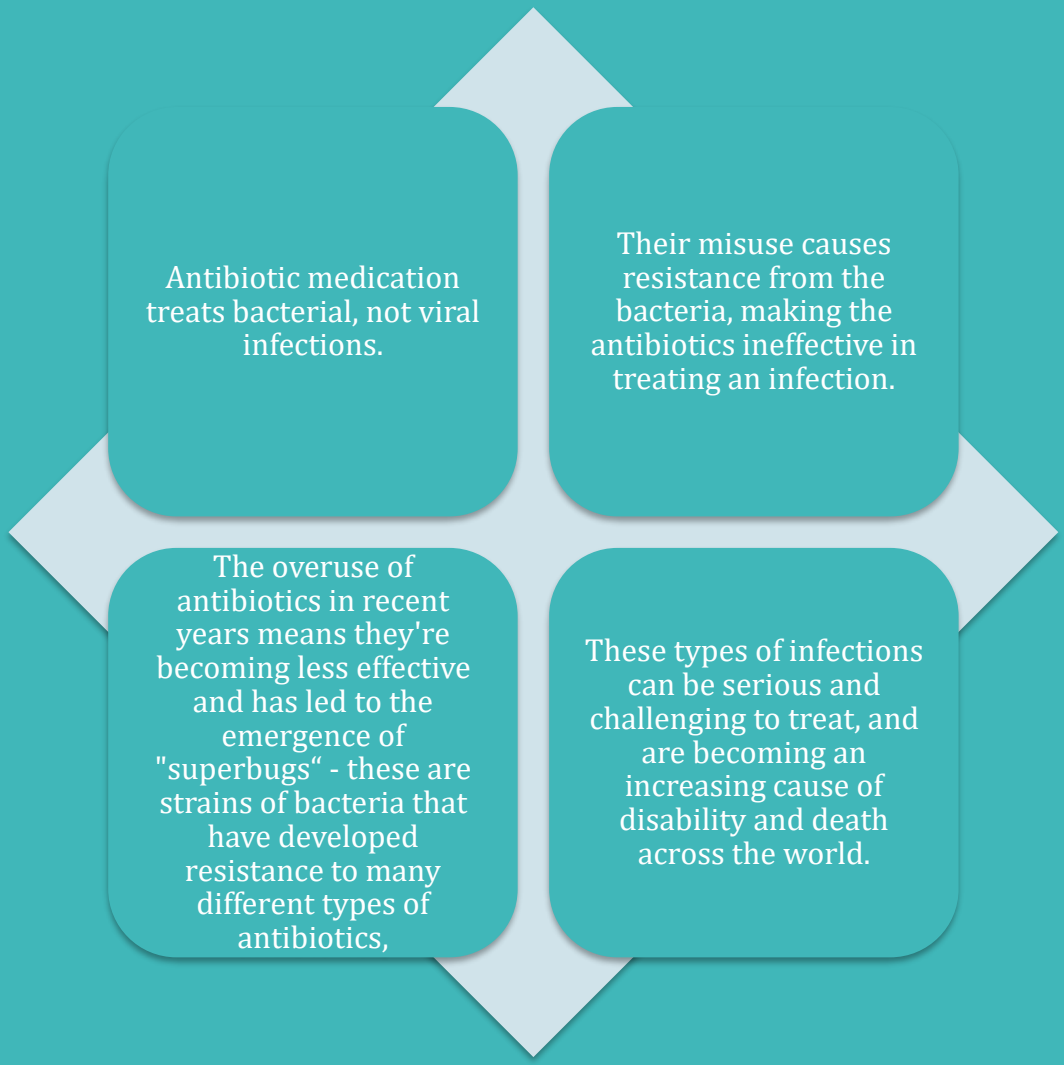
Flu is very infectious and easily spread to other people, especially within the first 5 days.

Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu:

- ✓ Wash your hands often with warm water and soap
- ✓ Cover your mouth and nose with a tissue when you cough or sneeze (if you do not have a tissue, cough or sneeze into the bend of your elbow, not into your hand)
- ✓ Bin used tissues as quickly as possible
- ✓ A flu vaccine is available annually and helps protect against getting a severe infection

Antibiotic Resistance



Antibiotic Resistance

We can reduce antibiotic resistance by:

- ✓ Only using antibiotics when recommended by a healthcare professional
- ✓ Following the expert advice of your healthcare professional
- ✓ Completing the full course of medication when these are prescribed
- ✓ Never saving antibiotics for the future or to share with friends and family
- ✓ Disposing of any unused medicines safely at your local pharmacy to protect the environment

Hygiene and Disease Prevention

Good hygiene is one of the simplest and most effective ways to prevent infection.

Includes personal hygiene and environmental hygiene

Personal hygiene includes:

- ✓ Washing hands with soap and water before eating and after using the toilet
- ✓ Bathing regularly and keeping nails short
- ✓ Safe handling of food – clean properly, cook thoroughly, cover and store properly

Hygiene

Environmental hygiene includes

- ✓ Dispose of waste properly
- ✓ Keep living spaces clean and free of stagnant water to prevent mosquito breeding
- ✓ Use latrines
- ✓ Ensure safe drinking water

In Summary

- ✓ Vaccinate to build immunity
- ✓ Prevent viral spread through hygiene and vaccination
- ✓ Use antibiotics responsibly
- ✓ Practice good hygiene every day to stop infections before they start
- ✓ Together we can build a healthier, stronger community, one that's protected from preventable diseases

THANK YOU

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