

Module 5: Avoiding the Repair Shop: Risk Management

Topic 3 Content: Protection Against Communicable Diseases

Protection Against Communicable Diseases

Protection Against Communicable Diseases

- Protection Tip 1
- Protection Tip 2
- Protection Tip 3
- Protection Tip 4
- Protection Tip 5
- Protection Tip 6
- Protection Tip 7

Introduction

Your body comes equipped with certain barriers, but it is your job to give your body a better chance at fighting pathogens.

Click through the tabs to find out ways you can prevent becoming sick because of pathogens.

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Topic 3 Content: Protection Against Communicable Diseases

Protection Tip 1

Protection Against Communicable Diseases

Protection Tip 1

Protection Tip 2

Protection Tip 3

Protection Tip 4

Protection Tip 5

Protection Tip 6

Protection Tip 7

Protection Tip 1

Keep your immunity strong.

- Keep immunizations up-to-date.
- Get plenty of rest.
- Exercise regularly.
- Eat a nutritious diet.



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Protection Tip 2

Protection Against Communicable Diseases

Protection Tip 1

Protection Tip 2

Protection Tip 3

Protection Tip 4

Protection Tip 5

Protection Tip 6

Protection Tip 7

Protection Tip 2

Cover your mouth.

- Cough or sneeze into the sleeve of your shirt at the bend of your elbow.
- Sometimes, depending on the illness, it is necessary to wear some sort of covering on the nose and mouth.



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Topic 3 Content: Protection Against Communicable Diseases

Protection Tip 3

Protection Against Communicable Diseases

- Protection Tip 1
- Protection Tip 2
- Protection Tip 3**
- Protection Tip 4
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Protection Tip 3

Practice good eating habits:

- Keep your mouth closed while eating.
- Avoid eating or drinking after someone.
- Keep hot food hot and cold foods cold.
- Wash counters, cutting boards, and utensils with hot water and soap, especially when handling meats.
- Wash fruits and vegetables before eating them.
- Do not drink untreated water while camping or hiking.



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Topic 3 Content: Protection Against Communicable Diseases

Protection Tip 4

Protection Against Communicable Diseases

Protection Tip 1

Protection Tip 2

Protection Tip 3

Protection Tip 4

Protection Tip 5

Protection Tip 6

Protection Tip 7

Protection Tip 4

Practice cleanliness as a whole.

- Wash hands often, especially at school and during cold and flu season. Use antibacterial soap and warm water, and wash for at least twenty seconds. (Sing your ABCs, which lasts close to twenty seconds.)
- Do not share personal items with someone (like make-up, toothbrushes, etc.).



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Protection Tip 5

Protection Against Communicable Diseases

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Protection Tip 5

Protect yourself from sexually transmitted diseases.

- Follow safe sex practices.



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Topic 3 Content: Protection Against Communicable Diseases

Protection Tip 6

Protection Against Communicable Diseases

- Protection Tip 1
- Protection Tip 2
- Protection Tip 3
- Protection Tip 4
- Protection Tip 5
- Protection Tip 6**
- Protection Tip 7

Protection Tip 6

Follow and seek appropriate medical care.

- Cover open wounds with a bandage, and wash hands before and after treatment
- Go to the doctor if symptoms of illness or serious injury persists.
- If you are sick, use antibiotics exactly as prescribed and take them for the full course as directed by your doctor.
- Follow up on medical care for treatment.



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Protection Tip 7

Protection Against Communicable Diseases

Protection Tip 1

Protection Tip 2

Protection Tip 3

Protection Tip 4

Protection Tip 5

Protection Tip 6

Protection Tip 7

Protection Tip 7

Protect yourself against insect bites.

- Avoid areas of mosquitoes, tick, or other insect infestation.
- Use insect repellent in areas with trees and high grasses.
- Dress in long sleeves and pants for another layer of protection against insect bites.



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