

Module 1: Putting Together the Foundation for a Healthy Life


Topic 4 Content: How Communicable Diseases are Spread

Introduction

How Communicable Diseases are Spread

Directions:

Click on each icon to learn how communicable diseases are commonly spread.



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Direct Contact

How Communicable Diseases are Spread



Direct Contact

You can get germs on your hand and skin through direct contact with another person. Germs that cause skin infections and rashes may be spread in this way. Germs are also spread through sexual contact. Diseases such as AIDS, gonorrhea, and herpes are transmitted through direct contact. Also, a pregnant woman may transmit an infection to her unborn child.

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Indirect Contact

How Communicable Diseases are Spread



Indirect Contact

Both bacteria and viruses can enter the body through the lungs if exhaled. They can be coughed or sneezed out by an infected person, then inhaled by another person. Disease can also be spread when someone touches a surface (door knob, telephone) that is contaminated by an infected person.

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Animals and Insects

How Communicable Diseases are Spread

Animals/Insects

Animals and insects spread many communicable diseases. The bite of a rabid animal spreads rabies. Lyme disease is transmitted through tick bites. When a mosquito ingests blood from an infected person or animal, it takes the pathogen into its body and injects it when it bites another human or animal.

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Contaminated Objects

The image shows a digital interface for an educational video. At the top, a dark bar contains the title 'How Communicable Diseases are Spread' and navigation icons. The main content area features a video frame. On the left, a man with glasses is shown coughing, with a spray of particles directed towards a hand on the right. A mosquito is visible in the lower part of the spray. In the background, there is a red and white striped bucket with a chicken logo. Several green, spiky icons representing pathogens are scattered throughout the scene. A semi-transparent text box on the right side of the video frame is titled 'Contaminated Objects' and contains the following text: 'Some pathogens can be spread when an uninfected person uses an object that an infected person has used. For example: unwashed eating utensils and glasses can harbor pathogens. Needles used to inject drugs that are shared with others can be another way of spreading the disease.'

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Environment



Communicable disease can be spread through contaminated food or water. Even the air we breathe contains potentially harmful pathogens. An example is salmonellosis, which is caused by salmonella bacteria in certain foods, such as chicken.