

Some communicable diseases

Disease	Causative organism	Mode of transmission	Control	Prevention
Malaria	<i>Plasmodium</i> (a protozoan)	Bite of female <i>Anopheles</i>	Quinine	Breaking contact between female <i>Anopheles</i> and man; eliminating <i>Anopheles</i>
Diarrhoea	Protozoans, bacteria, viruses, etc.	Contaminated food and water	ORS or salt-sugar solution	Proper sanitation, personal hygiene
Cholera	<i>Vibrio cholerae</i> (a bacteria)	Contaminated food and water	Antibiotics, ORS or salt-sugar solution	Proper sanitation, vaccination
Typhoid	<i>Salmonella typhi</i> (a bacteria)	Contaminated food and water	Use of antibiotics	Proper sewerage system, using safe drinking water (chlorinated/boiled); TAB vaccine
Tuberculosis	<i>Mycobacterium tuberculosis</i> (a bacteria)	Cough/sneeze droplets; contaminated milk	Use of antibiotics	Public awareness of the dangers of spitting indiscriminately; BCG vaccine for children
Hepatitis	Hepatitis viruses (A-G)	Contaminated food and water for some forms; through body fluids for others	Bed rest, food that is high in carbohydrates and low in fats and proteins; antiviral injection	Good sanitation, safe drinking water To prevent hepatitis B, use tested blood, disposable needles and syringes Hepatitis B vaccine
Influenza	Myxovirus	Cough/sneeze droplets	No cure; bed rest, aspirin and fluids provide relief	Keeping away from infected person
Rabies	Rabies virus	Bite of infected animal	No cure after the disease develops	Wash the bite wound → antirabies serum → course of vaccine shots Pets should be vaccinated, stray animals should be removed, vaccination for those at risk
AIDS	Human immunodeficiency virus (HIV)	Infected blood, semen, breast milk; mother to foetus	No cure yet; a combination of drugs slows down progress of the disease	Screening of blood and donors, use of disposable needles and syringes, not sharing shaving blades and razors, safe sex practices