

General Science

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1) Typhoid; Causes, symptoms, treatment & Preventive measures.

Typhoid: Typhoid fever is a bacterial infection. It is a serious illness that can be life threatening if not treated promptly.

Causes: Typhoid fever is caused by the bacterium *Salmonella Typhi*. It is usually spread through the consumption of contaminated water. People carrying bacteria can shed it in their feces, contaminating the environment and spreading the infection to others.

Symptoms: Symptoms in typhoid can vary but often include;

- Fever and chills
- Headache and muscle aches
- Fatigue
- Abdominal pain
- Diarrhea or constipation
- Rose-colored spots (on the abdomen & chest)

Symptoms can range from mild to severe, and complications may occur if the infection is not treated.

Treatment: Typhoid fever is treated with antibiotics. It is important to complete the full course of antibiotics as prescribed by healthcare professional. In severe cases or if complications arise, hospitalization may be necessary.

Preventive measures:

- **Vaccination:** Getting vaccinated against typhoid is a key preventive measure. There are two types of typhoid vaccines: an injectable vaccine and an oral vaccine.

- **Food & water safety:** Practicing good hygiene and consuming safe food and water are crucial in preventing typhoid. Raw and undercooked food should be avoided, clean water should be consumed and hands should be washed with soap and water specially after using toilet.

- **Sanitation:** Improved sanitation can improve prevent the spread of the bacteria. This include proper disposal of sewage and waste.

It is also important to consult health care professionals for vaccination and preventive measures.

2) Malaria: causes, symptoms, treatment & Preventive measures.

Malaria: Malaria is serious and potentially life-threatening infectious disease caused by parasites. These parasites are transmitted to humans through the bites of infected female Anopheles mosquitoes.

Symptoms: Malaria symptoms typically include:

- Fever: which can be recurrent and cyclic
- Chills and sweats:
- Headache:
- Muscle and joint pain:
- Nausea and vomiting:
- Fatigue: tiredness and weakness
- Anemia: decrease in ^{red} blood cells

In severe cases, malaria can lead to complications such as organ failure and death.

Treatment: The antimalarial treatment requires antimalarial medications. Severe cases may require hospitalization for intravenous medications.

Preventive measures:

- Antimalarial Medication: Individuals suffering from malaria may have antimalarial drugs to prevent infection.
- Insect Repellents: Use insect repellents with

effective ingredients to prevent mosquito bites.

- Bed nets: Sleep under bed nets specially in the areas where malaria is prevalent.

- Avoiding Peak Mosquito activity: Mosquitoes that transmit malaria are most active during dawn and dusk. try to avoid outdoor activities during these times

- Environmental Measures: Reduce mosquito breeding by eliminating standing water around living and sleeping areas.