

# POLIO:

## Definition:

The Polio is an abbreviation of poliomyelitis from Greek words polios, "gray" and myelos "marrow" meaning "inflammation of the gray matter of the spinal cord."

It can be defined as:

"An infectious disease caused by a virus It invades the nervous system and causes paralysis in a matter of hours."

## Host Factor:

- It is mainly disease of infancy and childhood.
- It is most vulnerable between 6 months to 3 years age
- It can effect all age groups.

## Causative Agents

- It can be due to environmental factors: like in rain; through contaminated water, food, flies, over crowding and poor sanitation can also be reasons.
- It can be transmitted through person-person contact.
- Contact with infected feces.

## Symptoms:

Most common symptoms of polio are:

- 1- Paralysis.
- 2- Severe muscle aches.
- 3- Loss of reflexes
- 4- Meningitis.
- 5- Flaccid Paralysis (floppy limbs)
- 6- Paresthesia (tingling feeling in legs).

## Prevention:

Immunisation is a means to achieve prevention of poliomyelitis. The vaccine used for treatment is of two types:

- Inactivated Polio Vaccine (IPV)
- Oral Polio Vaccine (OPV).

# MALARIA:

## Definition:

Malaria is a life threatening disease. It's typically transmitted through the bite of an infected *Anopheles* mosquito.

## Causative Agents:

The primitive cause of malaria is "Plasmodium" parasite. It's carried by an infected mosquito.

On biting a host, this parasite is released into the host's blood stream.

## Symptoms:

*Plasmodium* replicates in host's red blood cells and causes infection in cells. It's symptoms are visible within 48 to 72 hours. Symptoms are:

- Fever and sweating
- Chills
- Headache and muscle ache
- Fatigue
- Chest pain, breathing problems & cough.
- Diarrhea, nausea and vomiting

## Treatment/Preventions:

- Malaria can be cured through drugs. Various antimalarial drugs (medications) such as chloroquine, artemisinin based

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combination therapies (ACTs) or other drugs depending on the specific type of malaria and its resistive patterns in region

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- Use bed nets to prevent insecticides.
- Use mosquito repellents on exposed skin
- Eliminate standing water around living area to reduce mosquito breeding sites.
- Cover arms, legs and other exposed body parts while sleeping
- Sleep in screened or air-conditioned rooms.

# TYPHOID:

## Definition:

Typhoid fever is acute bacterial infection caused by the invasion of *Salmonella* bacteria into blood streams.

## Types:

- *Salmonella typhi* (acute fever)
- *Salmonella paratyphi* (mild fever)

## Causative Agent:

*Salmonella bacteria*

## ~~Causes~~ Transmission:

- Fecal-Oral route is the most common way of spreading typhoid fever.
- Contaminated food, contact with someone with typhoid fever and poor sanitation can be the reasons for transmission.

## Symptoms:

### Early Symptoms:

1. General ill-feeling, abdominal pain.
2. High fever ( $103^{\circ}\text{F}$  or  $39.5^{\circ}\text{F}$ ) or higher.
3. Severe diarrhea occurs as the disease gets worse.
4. Some people develop a rash called "red spots" which are small red spots on abdomen & chest

### Other Symptoms:

- Abdominal tenderness • Bloody stools
- Chills • Mood Swing • Nose Bleeds • Severe Fatigue
- Slow, sluggish, weak feeling.

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### Prevention:

- Drinking safe and hygienic water
- Washing hands thoroughly before initiation of cooking and eating.
- Timely vaccination.
- Good hand hygiene practice in typhoid infected person.

### Treatment

- The primary treatment for typhoid involves antibiotics such as Ciprofloxacin or Ceftriaxone.
- Adequate rest.
- Hydration and correction of fluid and electrolyte imbalance.