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SUBJECT: GISA (Assignment # 2)  
BATCH # 59  
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## MALARIA

### Definition:-

Malaria is a life-threatening disease spread to humans by mosquitoes. It is a non-contagious infectious disease.

### Cause:-

It is caused by parasite (**plasmodium**) which spreads to people through the bites of some infected female **Anopheles** mosquitoes.

### Symptoms:-

Symptoms of malaria usually starts within 10-15 days and they include:

- Fever
- Headache
- Chills
- Difficult breathing
- Dark urine
- Extreme fatigue

## Epidemiology:-

According to the latest World Malaria report, there were **249 million** cases of malaria in **2022**.

## Prevention:-

Preventive measures of malaria include

- prevent dirty / rain water accumulation
- use insecticide-treated nets (ITNs)
- use mosquito repellents and indoor residual spraying (IRS)
- wear protective clothing
- take preventive chemotherapies in case of travelling to infected area
- vaccination

## Treatment:-

The most common medicines for malaria are:

- Artemisinin-based medicines
- Chloroquine
- Primaquine

Some other measure can include:

- healthy diet
- proper fluid intake
- maintain hygiene
- use pain killers
- bed rest etc

# TYPHOID

## Definition:-

Typhoid fever, also called enteric fever, is a bacterial infection that can spread throughout the body, affecting many organs.

## Cause:-

It is caused by a bacterium called *Salmonella typhi*.

## Symptoms:-

- Fever that starts low & increases throughout the day
- Chills
- Headache
- Weakness & fatigue
- Stomach pain
- Muscle aches
- Diarrhea or constipation
- Rash

## Epidemiology:-

According to International Journal of Infectious Diseases (IJID), the disease (typhoid fever) is estimated to cause **220,000** deaths and **22 million** illnesses per year.

## Prevention:-

Preventive measures can be

- cook food properly
- avoid raw milk
- use purified water
- get vaccination according to your age group
- maintain hygiene

## Treatment:-

- Take prescribed antibiotics
- Wash your hands properly after using bathroom to avoid spread of infection
- Use painkillers
- Take healthy diet
- Maintain hygiene