

Malaria:-

Def:-

Malaria is disease caused by a parasite. The parasite is spread to humans through the bites of infected mosquitoes. People who have malaria usually feel very sick with a high fever and shaking chills.

Each year nearly 290 million people are infected with malaria and more than 400,000 people die of the disease.

Symptoms:-

Symptoms of malaria may include:-

- Fever.
- Chills.
- General feeling of discomfort.
- Headache.
- Nausea and vomiting.
- Diarrhoea.
- Abdominal pain.
- Muscle or joint pain.

- Fatigue
- Rapidly breathing
- Rapid heart rate.
- Cough.

Causes:-

Malaria spreads when a mosquito becomes infected with the disease after biting an infected person and the infected mosquito then bites a noninfected person. The malaria parasites enter that person bloodstream and travel to liver. When parasite mature, they leave the liver and infect red blood cells.

Other modes of transmission:-

Because the parasites that cause malaria affect red blood cells, people can also catch malaria from exposure to infected blood, including:

From mother to unborn child.
Through blood transfusions.
By shaving needles uses to
inject drugs.

Preventive measures:-

If you live in or are
traveling to an area where
malaria is common, take
steps to avoid mosquito bites.

Cover your skin:-

Wear pants
and long-sleeved shirts.
Tuck in your shirt and
tuck pant legs into socks.

Apply insect repellent to skin:-

Use an insect repellent
registered with the Environmental
Protection Agency on any exposed
skin.

Apply repellent to clothing:-

Sprays containing permethrin are safe to apply to clothing.

Sleep under a net:-

Bed nets, particularly those treated with insecticides such as permethrin, help prevent mosquito bites while you are sleeping.

Diarrhea:-

Def:-

Diarrhea means having a loose, watery stool during a bowel movement. It's common in both children and adults and usually goes away on its own few days. If it doesn't improve or if you're experiencing other symptoms like fever or bloody stool, and nausea.

Types of diarrhea:-

Acute diarrhea:-

Acute diarrhea is loose, watery diarrhea that lasts one to two days. It's goes away without treatment.

Persistent diarrhea:-

persistent diarrhea lasts about two or four weeks.

Chronic diarrhoea:-

Chronic diarrhoea experience severe condition and lasts more than four weeks.

Symptoms:-

Symptoms of diarrhoea include-

- Bloating or cramps in your belly.
- Nausea
- Fever
- Vomiting
- Headache
- Fatigue
- Dizziness.
- Irritability.

Causes:-

The main cause of diarrhoea is a virus that affect your guts.

Infections:- pathogens (viruses, bacteria and parasites) can all cause infections that lead to diarrhoea.

Food poisoning:- You can ingest harmful toxins and pathogens from contaminated foods or drinks. Once they're in your gut, the toxins or germs can cause diarrhoea.

Medications:- Diarrhoea is a common medication side effect. For example antibiotics kill harmful bacteria that make you sick, but they can destroy helpful bacteria in the process.

Food that upset your digestive system:
If you're lactose intolerant, you get diarrhoea because your body struggles to digest lactose.

Preventive measures:-

Practice good hygiene:-

Wash your hands with soap and water after using the bathroom or preparing and eating food. Another option is to use hand sanitizer.

Vaccinated:-

The rotavirus vaccine prevents rotavirus a common cause of diarrhea.

Store food properly:-

Store food at the correct temperature and cook all foods until they reach the recommended temperatures.

Avoid drink untreated water:-

Do not drink untreated water when you travel. Avoid tap water, ice cubes.