

Dengue:

Dengue is the most rapidly spreading mosquito-borne viral disease which causes sudden fever and acute pain in joints.

Symptoms:

- 1- Nausea and vomiting
- 2- Rashes on the skin
- 3- Body ache
- 4- Lethargy and restlessness
- 5- Sudden high fever

Causal agent:

Dengue virus is transmitted to humans through the bite of ^{infected} *Aedes aegypti* mosquito.

General causes:

When an infected *Aedes* mosquito bites a person, it transmits dengue virus in that person. If an uninfected mosquito takes the blood of an infected person, it becomes infected. Now this mosquito can transmit the virus to a healthy person.

Treatment:

Most cases of dengue fever can be treated at home with pain medicines such as Acetaminophen (paracetamol). In severe case, hospitalization is often needed.

Prevention:

- 1- Removing stagnant water
- 2- Identification of dengue larvae and larviciding
- 3- Plugging water leakages
- 4- Using mosquito nets and mosquito repellents
- 5- Wearing long-sleeved shirts and pants.
- 6- Growing anti-dengue plants like lemon grass, marigold and mint etc.
- 7- Spraying kerosene oil on the nearby water bodies such as pools, puddles and ponds etc.

Malaria:

Malaria is a type of fever spread to humans by some types of mosquitoes. It is a life-threatening disease but is preventable and curable.

Symptoms:

- 1- High fever
- 2- Nausea and vomiting
- 3- Painful body
- 4- Shivering of body due to sensation of cold
5. Fatigue
- 6- Diarrhoea

Causal agent:

This disease is caused by a parasite called plasmodium, transmitted to humans by the bite of a female Anopheles mosquito.

General Causes:

When an infected mosquito bites a human, the plasmodium enters the bloodstream causing malaria. When an uninfected mosquito bites an infected person, it becomes infected and in this way, the disease is spread from person

to person.

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Treatment:

Malaria is treated by using anti-malarial drugs. Most common anti-malarial drug is Chloroquine phosphate.

Prevention:

- 1- Using a parathionid-containing insect spray in living and sleeping areas during evening and night times.
- 2- Using mosquito bed net.
- 3- Using mosquito repellents.
- 4- Wearing clothes that cover most of the body.
- 5- Dumping stagnant water.
- 6- Spraying kerosene oil on nearby water bodies.

Polio:

Polio, also known as Poliomyelitis, is a highly infectious disease caused by a virus. It attacks the nervous system and can cause paralysis. Paralysis can affect arms, legs or muscles that control breathing.

Symptoms:

- 1- Fatigue
- 2- Fever
- 3- Headache
- 4- Vomiting and nausea
- 5- Pain in limbs and stomach
- 6- Stiffness in the neck and sore throat

Causal agent:

Polio is caused by polio virus. It is very contagious virus and can spread easily from one person to another.

General Cases:

Polio spreads through contact with infected mucus and phlegm through coughing and sneezing.

It spreads through contact with their infected faeces. For example not washing hands after touching faeces (like changing diapers or going to the bathroom) and drinking water contaminated by faecal material etc.

Treatment:

There is no cure for polio.

Prevention:

Polio can be prevented by help of vaccine, which is given orally in form of drops. Every child must receive the vaccine at birth or upto 6 weeks, and thereafter at 3 months, 4.5 months and 6 months of age. A booster is given at the age of 18 months.

Typhoid:

Typhoid fever is a bacterial infection that can spread throughout the body, affecting many organs. Without proper treatment, it can be fatal.

Symptoms:

- 1- Prolonged high fever
- 2- Fatigue
- 3- Headache
- 4- Nausea
- 5- Abdominal pain
- 6- Diarrhea or Constipation
- 7- Some people develop rash

Causal agent:

Typhoid is caused by bacterium called *Salmonella Typhi*. Once these bacteria are ingested, they multiply and spread into the bloodstream.

General Cause:

It is usually spread through contaminated food or water.

Treatment:

Antibiotics are used to treat typhoid fever.

Prevention:

- 1- Wash hands before eating or handling food.
- 2- Boil water before drinking.
- 3- Eat thoroughly cooked food.
- 4- Dispose of garbage properly.
- 5- Get vaccinated.
- 6- Ensure proper sanitation and sewage disposal in the surroundings.

Hepatitis:

This disease is the inflammation of liver caused by a viral infection.

Symptoms:

- 1- Yellowing of skin and whites of the eyes.
- 2- Dark urine or yellow urine.
- 3- Abdominal pain.
- 4- Muscle ache.
- 5- Fatigue.

6. Loss of appetite

7. Lethargy

8. Mild fever

9. Pale faeces

Types of Hepatitis:

a- Hepatitis A:

- This type derives from an infection with the hepatitis A virus (HAV).

- It is most commonly transmitted by consuming food and water contaminated by faeces from a person infected with hepatitis A.

- Hepatitis A virus, classified as hepatovirus, is a small, unenveloped, symmetrical RNA virus which shares many of the characteristics of the picornavirus family.

- Its incubation period is about 4 weeks.

There is no specific treatment for hepatitis A.

b- Hepatitis B:

- This type derives from an infection with the hepatitis B virus (HBV).

• It is most commonly transmitted through contact with infected body fluid or sharing razors and syringes with an infected person.

• Hepatitis B virus, a member of hepadna virus group, double stranded DNA virus which replicate.

• Its incubation period is variable with range 1 to 6 months.

Antiviral medication is used for treatment.

c. Hepatitis C

• This type comes from hepatitis C virus (HCV).

• It is transmitted through direct contact with infected body fluids.

• Hepatitis C is an enveloped, single-stranded RNA virus.

• Antiviral medication is used to treat chronic hepatitis C.

d. Hepatitis D:

• It is also called delta hepatitis.

• HDV is transmitted through contact with wounds or contact with infected blood.

• Hepatitis D virus is single-stranded, circular RNA.

- Chronic hepatitis D may be treated by medication called interferons.

e- Hepatitis E

- It is a water-borne disease caused by hepatitis E virus (HEV).
- It is found mostly in areas with poor sanitation.
- It is non-enveloped, single-stranded RNA virus.
- There is no specific medication to treat hepatitis E.

Prevention:

- Use of vaccines of HAV and HBV
- Screening blood used for transfusion
- Safe injection practices
- Using hygienically fit food and water
- Maintain proper sanitation and cleanliness of surroundings.