Germ Warfare
Winning the War Against Infectious Diseases
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Objectives

At the end of this class, you should be able to do the following:
• Identify the four primary ways infectious and contagious diseases are spread.
• Identify the most common illnesses and diseases transmitted in each of the four ways.
• Identify the symptoms of common diseases.
• Identify those diseases and illnesses that can be prevented or curtailed with immunizations.
• List the primary methods for preventing the spread of diseases.
• Demonstrate an understanding of the procedures for handling sick children, including reporting requirements.

Infectious Respiratory Diseases

The most common respiratory diseases...

• chickenpox
• common colds
• conjunctivitis (pink eye)
• diphtheria
• H. flu meningitis
• influenza
• measles
• meningococcal meningitis
• mumps
• pertussis
• rubella
• strep throat

Infectious Intestinal Tract Diseases

The most common intestinal diseases...

• campylobacter
• giardiasis
• hepatitis A
• viral gastroenteritis
• rotavirus (gastroenteritis)
• salmonella
• shigellosis
• E. coli

Infections from Skin & Hair Contact

Common infections and infestations transmitted by contact with the skin or hair...

• herpes simplex 1 (cold sore)
• impetigo
• lice
• ringworm
• scabies
Blood-borne Diseases

Two common blood-borne diseases...

- Hepatitis B (HBV)
- HIV (human immunodeficiency virus)

Protection and Prevention

Four ways to prevent the spread of infectious diseases...

- Immunization
- The Universal Blood and Body Fluids Precautions
- General safety precautions
- Proper food selection and preparation

General Safety Precautions

- Routine cleaning and disinfecting
- Hand washing
- Diaper changing
- Toilet training
- Personal items

Dealing with a Sick Child

Some common symptoms of infectious diseases:

- Fever of 101°F or more
- Diarrhea
- Rashes
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References:


