

## **INFECTIOUS DISEASES**

Infectious Diseases are diseases or disorders caused by pathogenic microorganisms like virus, parasites, bacteria, or fungi. These are infectious in nature i.e. they easily spread from one person to the other. Infections mainly spread in 4 ways including direct contact with the infected person like touching, kissing, sexual contact, coughing, etc., indirect contact where a healthy person uses towel, door handle, mobile phones or others handled by infected person, spreading through insect bite or animal bite, and through consumption of contaminated food, water or plants. Infectious diseases can be prevented by paying good attention to food safety, ensuring safe sex, frequent hand wash, vaccination, safe use of personal care products like toothbrush, soap, combs, etc.