

Infectious Diseases 101

Disease	Description	Symptoms	Transmission	Treatment	Prevention
Diarrheal Diseases (Acute)	A symptom of infection by caused by bacterial, viral, or parasitic agents	<ul style="list-style-type: none"> • Lasting several hours or days • Danger of dehydration and weight loss • Bloody diarrhea may lead to intestinal damage 	<ul style="list-style-type: none"> • Contact with infected surfaces followed by hand to mouth contact • Eating contaminated foods; eating uncooked meat • Drinking contaminated water 	Rapid intravenous therapy followed by oral rehydration	<ul style="list-style-type: none"> • Prepare food properly • Drink clean, safe water • Wash your hands frequently with soap and warm water • Clean contaminated surfaces
Gonorrhea	Bacterial infections in the urethra, mouth throat, eyes, and anus of men and women; infection also occurs in the reproductive tract of women	<ul style="list-style-type: none"> • Asymptomatic • Burning sensation when urinating • White or yellow or green discharge • Mother-to-child transmission during birth: blindness, joint infection, or life-threatening blood infection in the baby 	<ul style="list-style-type: none"> • Sexually transmitted; spread through contact with penis, vagina, mouth or anus • Mother-to-child during birth 	<ul style="list-style-type: none"> • Antibiotics • Many people with Gonorrhea also have Chlamydia and should be treated with antibiotics for both infections 	<ul style="list-style-type: none"> • Abstain from sexual intercourse • Long term mutually monogamous relationship with partner who has been tested and is uninfected • Use latex condoms
Hepatitis A	Viral disease that is found in the stool of infected persons	<ul style="list-style-type: none"> • Jaundice • Nausea • Abdominal pain • Loss of appetite • Diarrhea • Fever • Fatigue 	Person to person through fecal-oral route	<ul style="list-style-type: none"> • There is no specific treatment* • Consult a health care provider 	<ul style="list-style-type: none"> • Hepatitis A vaccine • Wash your hands frequently with soap and warm water • Prepare food properly
Hepatitis B	Viral disease that attacks the liver and can cause life long infection, cirrhosis (scarring) of the liver, liver cancer, liver failure and death and is found in blood of an infected person	<ul style="list-style-type: none"> • 30% of persons have no symptoms • Jaundice • Fatigue • Abdominal pain • Loss of appetite • Nausea, vomiting • Joint pain 	<ul style="list-style-type: none"> • Blood • Sexually transmitted • Mother-to-child during birth 	<ul style="list-style-type: none"> • Get tested for liver damage • A series of medications to treat persons with chronic Hep B • Avoid drinking alcohol 	<ul style="list-style-type: none"> • Hepatitis B vaccine • Use latex condoms • Avoid sharing personal items that may have blood on them (razors, toothbrushes) • Avoid sharing needles • If pregnant, get tested for Hep B

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Hepatitis C		Viral infection that causes liver disease found in the blood of an infected person	<ul style="list-style-type: none"> 80% of persons have no symptoms Jaundice Fatigue Dark urine Abdominal pain Loss of appetite Nausea 	<ul style="list-style-type: none"> Blood Sexually transmitted Mother-to-child during birth 	<ul style="list-style-type: none"> Combined therapy of antiviral medication for chronic Hep C Get tested for liver damage There is no vaccine Avoid drinking alcohol 	<ul style="list-style-type: none"> Use latex condoms Avoid sharing personal items that may have blood on them (razors, toothbrushes) Avoid sharing needles
Influenza (Common Flu)		Viral respiratory infection that can cause mild to severe illness and at times, lead to death	<ul style="list-style-type: none"> Fever Headache Extreme tiredness Dry mouth Sore throat Runny or stuffy nose Muscles aches Nausea, vomiting and diarrhea 	<ul style="list-style-type: none"> Coughing or sneezing Contact with infected surfaces followed by hand to mouth contact 	<ul style="list-style-type: none"> Antiviral medications* Rest Proper nutrition Adequate fluids 	<ul style="list-style-type: none"> Flu vaccine every year Wash your hands frequently with soap and warm water Clean contaminated surfaces
<i>Pediculus humanus capitis</i> (Head Lice)		Parasitic infection most commonly found around hair follicles and hair shafts on the head of people	<ul style="list-style-type: none"> Itching, caused by an allergic reaction to the bites Irritability Sores on head 	<ul style="list-style-type: none"> Sharing clothing Using infested combs, brushes or towels Lying on a bed, couch, pillow, carpet or stuffed animal that has recently been in contact with infested person 	<ul style="list-style-type: none"> Lice medication that can be purchased over-the-counter Washing all linens and clothes in hot water (130° F) and place in dryer for 20 minutes Place non-washable fabrics in a air-tight bag for 2 weeks Vacuum Clean combs and brushes in hot water (130° F) 	<ul style="list-style-type: none"> Avoid sharing personal items (hair brushes) Avoid sharing clothes and towels Avoid areas with suspected infection
Meningococcal	Bacterial Meningitis	Bacterial infection causes inflammation of the tissues that cover the brain and spinal cord – Can result in disability or death	<ul style="list-style-type: none"> Fever Severe headache Stiff neck Bright lights hurting eyes Drowsiness or confusion Nausea Vomiting 	<ul style="list-style-type: none"> Direct contact with respiratory and throat secretions through coughing or kissing 	<ul style="list-style-type: none"> Antibiotics 	<ul style="list-style-type: none"> Bacterial Meningitis vaccine Wash your hands frequently with soap and warm water
	Aseptic Meningitis (viral)	Viral infection that causes inflammation of the tissues that cover the brain and spinal cord – Rarely fatal	<ul style="list-style-type: none"> Nausea Vomiting 		<ul style="list-style-type: none"> There is no specific treatment* Consult a health care provide 	<ul style="list-style-type: none"> Avoid throat secretions (i.e. kissing) Clean contaminated surfaces

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Methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)	Bacterial skin infection that is resistant to Methicillin and/or other antibiotics; may cause more serious infections of the bloodstream	<ul style="list-style-type: none"> • Skin infection that look like pimples or boils • Skin infection may be red, swollen, painful, or have pus or other drainage 	<ul style="list-style-type: none"> • Skin-to-skin contact with infected persons • Contact with infected surfaces with openings in the skin 	More aggressive antibiotic treatment	<ul style="list-style-type: none"> • Wash your hands frequently with soap and warm water • Cover cuts and scrapes with a clean bandage • Avoid touching other people's wounds or bandages • Avoid sharing personal items (razors, towels) • Avoid sharing clothes
Mumps	Viral infection characterized by swelling of the salivary glands	<ul style="list-style-type: none"> • Fever • Headache • Loss of appetite • Swelling of salivary glands 	<ul style="list-style-type: none"> • Direct contact with respiratory secretions • Contact with infected surfaces followed by hand to mouth contact 	<ul style="list-style-type: none"> • There is no specific treatment* • Consult a health care provider 	<ul style="list-style-type: none"> • Mumps vaccine • Avoid infected persons • Wash your hands frequently with soap and warm water • Clean contaminated surfaces
Norovirus	Acute viral infection that causes gastroenteritis in people	<ul style="list-style-type: none"> • Nausea • Vomiting • Diarrhea • Stomach cramping 	<ul style="list-style-type: none"> • Eating contaminated foods • Contact with infected surfaces followed by hand to mouth contact • Direct contact with infected person 	<ul style="list-style-type: none"> • There is no specific treatment* • Consult a health care provider 	<ul style="list-style-type: none"> • Wash your hands frequently with soap and warm water • Clean food properly • Avoid contact with infected linens and clothes • Clean contaminated surfaces
Pertussis (Whooping Cough)	Acute bacterial infection of the respiratory tract that is characterized by paroxysm (violent coughs)	<ul style="list-style-type: none"> • Sneezing • Runny nose • Low-grade fever • Rapid coughing • Clear mucous discharge 	<ul style="list-style-type: none"> • Direct contact with respiratory secretions 	Antibiotics	<ul style="list-style-type: none"> • Pertussis vaccine • Wash your hands frequently with soap and warm water
Rubella (Measles)	An acute, highly communicable rash illness due to viral infection	<ul style="list-style-type: none"> • Fever • Cough • Runny nose • Conjunctivitis • Rash • May cause diarrhea, middle ear infection, pneumonia 	<ul style="list-style-type: none"> • Direct contact with infectious droplet • Less commonly, air-borne spread 	<ul style="list-style-type: none"> • There is no specific treatment* • Consult a health care provider 	<ul style="list-style-type: none"> • Measles vaccine • Wash your hands frequently with soap and warm water • Clean contaminated surfaces

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Salmonella	Bacterial infection passed through feces of animals or people	<ul style="list-style-type: none"> • Diarrhea • Fever • Abdominal cramps 	<ul style="list-style-type: none"> • Eating contaminated foods • Contact with infected surfaces followed by hand to mouth contact • Handling animals 	Salmonella does not require treatment unless the patient becomes severely dehydrated and may require rehydration or the infection spreads from the intestine requiring antibiotics	<ul style="list-style-type: none"> • Avoid eating raw or uncooked eggs and meats • Avoid cross contaminating foods • Wash your hands frequently with soap and warm water
<i>Sarcoptes scabiei</i> (Scabies)	Parasitic infection of the skin by microscopic mites	<ul style="list-style-type: none"> • Pimple like irritations, burrows or rash of the skin • Intense itching • Sores on the body from scratching 	Direct, prolonged skin-to-skin contact with an infected person	Medicated lotions	<ul style="list-style-type: none"> • Avoid prolong contact with infected persons • Avoid crowded conditions and environments
Syphilis	A sexually transmitted disease caused by a bacterial infection	<ul style="list-style-type: none"> • <u>Primary Stage</u>: Single or multiple painless firm, round small sores (chancre) • <u>Secondary Stage</u>: Skin rash and mucous membrane lesions, fever, swollen lymph glands • <u>Last Stage</u>: Damage to the internal organs, paralysis, numbness, dementia and death • May cause stillbirths 	<ul style="list-style-type: none"> • Direct contact with syphilis sore • Mother-to-child during pregnancy 	Antibiotics	<ul style="list-style-type: none"> • Abstain from sexual intercourse • Long term mutually monogamous relationship with partner who has been tested and is uninfected • Use latex condoms
Tuberculosis (TB)	Bacterial infection that usually attacks the lungs and is spread through the air from person to person	<u>Active TB:</u> <ul style="list-style-type: none"> • Weight loss • Fever • Night sweats • Cough up blood or sputum • Chest pain • Weakness <u>Latent TB:</u> <ul style="list-style-type: none"> • No symptoms 	<ul style="list-style-type: none"> • Prolonged air exposure to persons with active form of TB for 6 or more hours • TB cannot be spread from persons with latent form of TB 	<ul style="list-style-type: none"> • Antibiotics to prevent latent TB from developing into the active form and to treat active TB • There is also multi-drug resistant TB (MDR-TB) that must be treated with more aggressive line of antibiotics 	<ul style="list-style-type: none"> • Avoiding infected persons • Avoid crowded conditions and environments
Varicella (Chicken Pox)	Viral infection that causes blister-like rash	<ul style="list-style-type: none"> • Rash • Fever • Tiredness • Itching 	<ul style="list-style-type: none"> • Direct contact with infected person • May become aerosolized 	Antiviral medications and over-the-counter medicated lotions*	<ul style="list-style-type: none"> • Varicella vaccine • Avoiding infected persons • Wash your hands frequently with soap and warm water

*Symptoms of viral infections (i.e. fever) should not be treated with aspirin because of the risk of developing Reye's syndrome; Surgeon General recommends that children under the age of 19 not be given aspirin