

A man with a beard and glasses is shown in profile, coughing into his elbow. A large, dense cloud of white droplets is visible coming from his mouth, illustrating the spread of infection. The background is a solid light gray.

53. Protection from infection

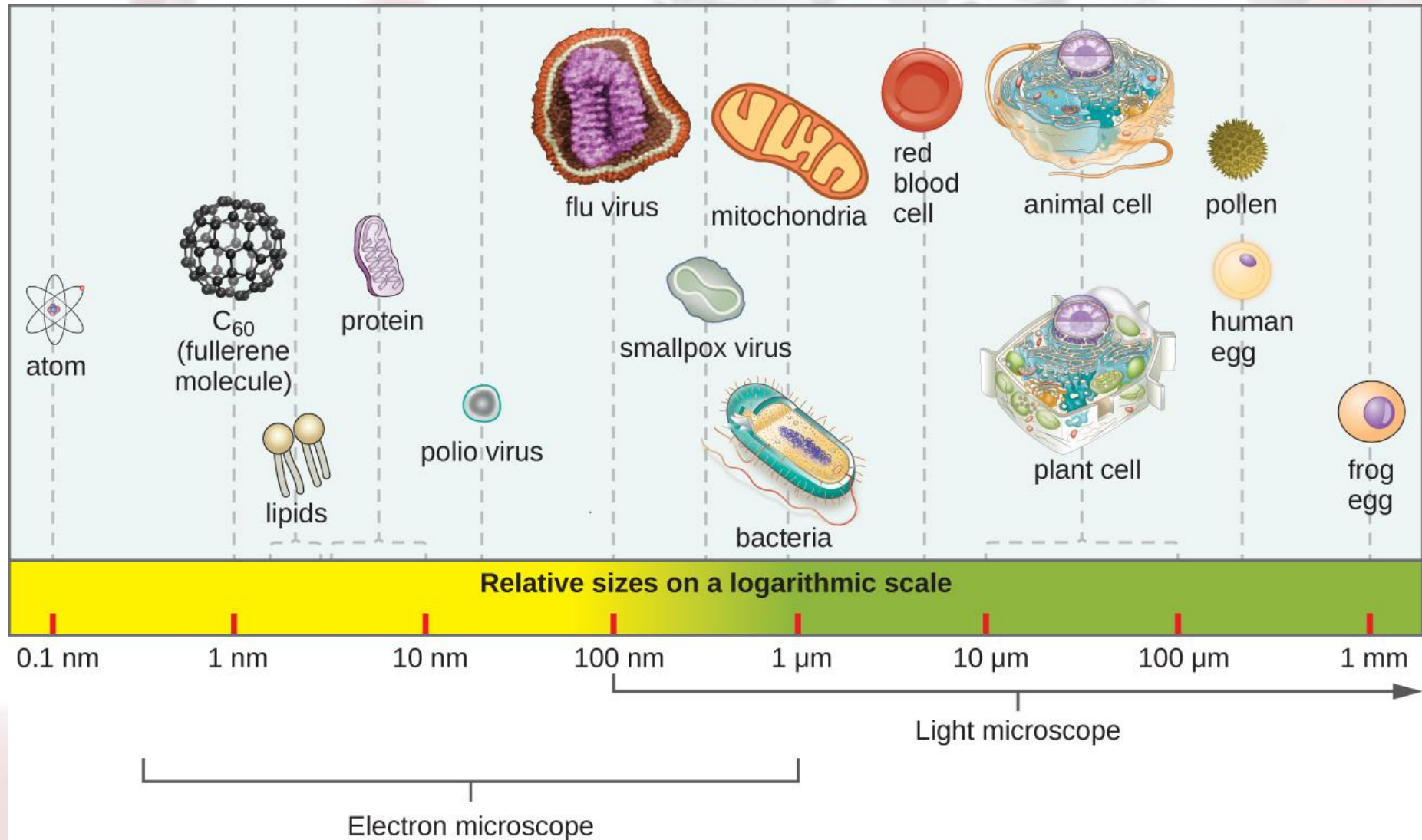
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Microbes cause diseases

- Infectious diseases are caused by pathogenic microbes
 - Bacteria
 - Virus
 - Fungus
 - Parasites and protozoans



Microbes cause diseases

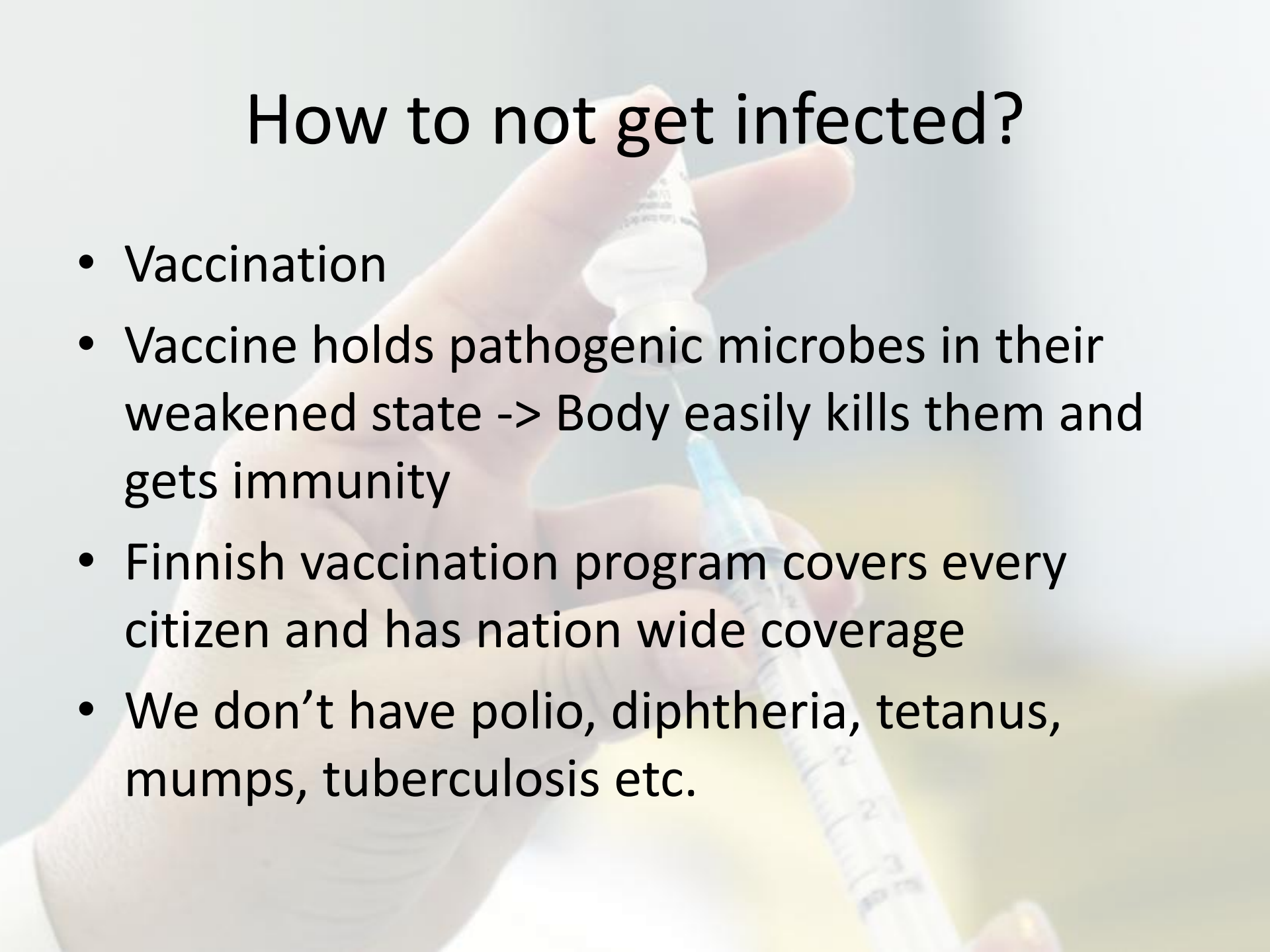


How to not get infected?

Vector	How?	Example	Prevention
Droplet infection	<ul style="list-style-type: none">• Sneezing• Coughing	Flu, influenza, diarrhea	<ul style="list-style-type: none">• Cover your mouth when sneezing or coughing
Contagion	<ul style="list-style-type: none">• Shaking hand• Via items	Flu, influenza, diarrhea	<ul style="list-style-type: none">• Hand hygiene• Avoid touching lips and nose
Mucous	<ul style="list-style-type: none">• During sex usually	STD's	<ul style="list-style-type: none">• Condoms• Avoid one night stands
Blood	<ul style="list-style-type: none">• Contaminated syringes• Transfusion• Mother to child	HIV, Hepatitis	<ul style="list-style-type: none">• Sterile equipment• Testing the donor• Condoms

How to not get infected?

- Vaccination
- Vaccine holds pathogenic microbes in their weakened state -> Body easily kills them and gets immunity
- Finnish vaccination program covers every citizen and has nation wide coverage
- We don't have polio, diphtheria, tetanus, mumps, tuberculosis etc.



Homework

- What pros and cons can you think for the following:
 1. Free vaccinations to all citizens?
 2. Voluntariness of vaccinations?

