

Types and Preventions of Infectious Diseases

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DESCRIPTION

Disorders produced by organisms, such as bacteria, viruses, fungus, or parasites are known as infectious diseases. These diseases are mostly occurs in children. Some infectious diseases are spread from person to person. Others are spread by animals or insects. While severe life-threatening illnesses may require hospitalization, mild infections may be treated with rest and home treatments. Vaccines can prevent a lot of infectious diseases, including measles and chickenpox. Children under 5 are especially exposed to infectious diseases like pneumonia, malaria, diarrhea etc.

Depending upon the organisms, the common signs and symptoms of infectious disease may include fever, diarrhea, fatigue, muscle ache and coughing.

Infectious disease can be caused by bacteria (strep throat, urinary tract infections and tuberculosis), fungi (ringworm, athlete's foot), viruses (common cold to AIDS) and parasites (malaria).

Types of infectious disease

Viral, bacterial, parasitic, or fungal infections can all cause infectious illnesses. Additionally, there is a subset of infectious disorders called transmissible spongiform encephalopathies i.e., uncommon (TSEs).

Viral infection: A virus is a bit of information (DNA or RNA) enclosed in a defense mechanism (capsid). Viruses cannot replicate on their own because they are considerably smaller than cells. They enter into cells and use the equipment inside to replicate themselves. Ex: influenza, chicken pox, Flu, common cold etc.

Bacterial infection: Bacteria are single-celled organisms with a little bit of DNA that contains all of their instructions. Bacteria are present in everywhere, even on our skin and inside of our bodies. Numerous bacteria are beneficial, but some of them produce toxins that can make you ill. Ex: Tetanus, Tuberculosis, gonorrhea etc.

Fungal infection: There are many different types of fungi like bacteria. The person who affected by fungi might become ill if fungus become out of control or if dangerous fungi enter into the body by mouth, nose, or a skin injury.

Parasite infection: Parasites live and breed on the bodies of other living things. It may include worms (helminths) and some single-celled organisms (protozoa). Ex: Malaria, dengue etc.

Transmissible spongiform encephalopathies (TSEs): Prions, defective proteins that affect other proteins in the body, typically those in brain, can lead to TSEs. These proteins accumulate in the body because it can neither use them nor get rid of them, which cause illness. An extremely uncommon source of infectious illnesses is prions.

Preventions

Wash your hands: This is especially crucial before and after cooking, eating, and using the restroom. Additionally, avoid touching the lips, nose, or eyes with hands, these are a typical route for germs to enter the body.

Get vaccinated: Numerous diseases can be significantly decreased by vaccination.

Stay home when ill: Stay home, when the persons have a diarrhea or fever. If child exhibits any of these symptoms, don't send him or her to school.

Prepare food safely: When making meals, keep the kitchen counters and other surfaces tidy. Use a food thermometer to confirm that the meal is cooked to the right temperature. Don't let cooked foods remain at room temperature for long period of time.

Practice safe sex: If partner have a history of STDs or high-risk behavior, use condoms at all times.

Don't share personal items: Use own razor, comb, and toothbrush. Do not share drinking or eating utensils.

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Travel wisely: If you're going abroad, consult the doctor about any additional shots may require for diseases including typhoid, yellow fever, cholera, hepatitis A or B, or hepatitis C.

Diagnosis

Some tests are performed by physician to diagnose the infectious disease. The tests may include blood tests, urine tests, throat swabs, stool sample, spinal tap (lumbar puncture), imaging procedures such as x-ray, computerized tomography (CT), magnetic resonance imaging (MRI) and biopsies.

Treatment

The following medications can be suggested by physician to treat or prevent the infectious disease.

Antibiotics: Antibiotics are used to treat bacterial infections because viruses cannot be treated with these sorts of medications.

Antivirals: Some viruses can be treated with medications, but not all viruses. Examples of viruses are HIV/AIDS, Herpes, Hepatitis B, Hepatitis C, Influenza etc.

Antifungals: Fungi-related skin and nail infections can be treated using topical antifungal medicines. An oral antifungal medication can be used to treat some fungal infections, including that affect the lungs or mucous membranes. Intravenous antifungal drugs may be necessary for most serious

internal organ fungi, particularly in immune-compromised patients.

Anti-parasitics: Small parasites are the root cause of some diseases, including malaria. Although there are medications to treat these illnesses, certain parasite species have evolved a resistance to the medications.

Alternative medicines: Many items have made the claim that they can help to prevent common illnesses like the flu or the common cold. The following drugs have been investigated for their potential to prevent or decrease the duration of infection: echinacea, cranberry, ginseng, vitamin C, vitamin D, zinc and goldenseal.

CONCLUSION

Some infectious diseases are spread from person to person. Additionally, there is a subset of infectious disorders called transmissible spongiform encephalopathies i.e., uncommon (TSEs). Viral, bacterial, parasitic, or fungal infections can all cause infectious illnesses. Additionally, there is a subset of infectious disorders called transmissible spongiform encephalopathies i.e., uncommon (TSEs). Additionally, avoid touching the lips, nose, or eyes with hands, these are a typical route for germs to enter the body. Some tests are performed by physician to diagnose the infectious disease. The treatment can be given by physician to prevent the disease. Take some precautions if the person is affected with infectious disease.