

HYGIENE AND COMMUNICABLE DISEASES

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PLAN

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Facts

- WHO (2004) :
 - 3.1% of deaths worldwide are attributable to unsafe water, sanitation and hygiene.
 - 99.8% of these deaths occur in developing countries and 90% are deaths of children.
 - 16% of all deaths worldwide are attributable to infectious and parasitic diseases.

1. Definitions

- Hygiene : origin from Greek *hugieine tekhnē* ‘art of health’, from *hugies* ‘healthy’.
- conditions or practices that help to maintain health and prevent disease, especially cleanliness.

Communicable diseases

- Communicable : which can spread or be passed on from one infected person to a non-infected person.
- Disease : state of illness in which the normal functioning of the body is disturbed.
- Synonym : infectious disease
transmissible disease

Communicable Diseases

- Responsible agents :
 - Viruses
 - Bacteria
 - Fungi
 - Protozoa
 - Multicellular parasites
 - Aberrant proteins (prions)

Communicable Diseases

- Modes of transmission :
 - Food and water
 - Air
 - Contact
 - Vectors
 - Others (transplacental, blood contact)

Communicable Diseases

- *Transmission by food and water*

Contamination and spread of disease can occur through :

- Use of unwholesome ingredients/non-potable water
- Lack of hygienic conditions during preparation, serving and storing (e.g dirty hands & utensils)
- Absence of protective measures against insects and other pests (source of infective agent transfer onto food)
- Conservation under unsuitable temperatures

Examples of food- and water-borne diseases : hepatitis, typhoid, cholera, etc.

Communicable Diseases

- *Transmission by air*

Infectious agent is airborne when :

- Expelled from nose & mouth of infected person during respiration, coughing or sneezing
- Inhaled by the susceptible person in the vicinity.

Examples of airborne diseases : diphtheria, measles, influenza, etc.

Communicable Diseases

- *Transmission by contact* which may be
 - Direct, when infectious agent is passed directly from infected person to susceptible person
 - Indirect, when infected person contaminates an object. The contaminated object, when handled, then passes the infectious agent to a susceptible person.

Communicable Diseases

- *Transmission by vectors* :
 - animals, e.g dogs (rabies)
 - Insects, e.g flies (cholera), mosquitoes (malaria, dengue, chikungunya, etc)

Vectors may be :

- Mechanical. Infectious agent on the outside of vector's body. Transmission in passive manner. E.g housefly
- Biological. Infectious agent inside body of vector which then delivers it in an active manner (e.g bites of mosquitoes, ticks, etc)

PREVENTIVE MEASURES

- To be taken according to modes of transmission of infectious agent.
 1. *Food and water borne diseases :*
 - use safe water
 - Use fresh and wholesome food ingredients
 - Keep hands clean by proper handwashing and utilize clean utensils
 - Cook food at proper temperature
 - Store food at proper temperature

PREVENTIVE MEASURES

2. Airborne diseases :

- Cough etiquette
- Isolate infected person/stay at home
- Keep a distance of at least 1 metre from infected person
- Wash hands frequently
- Wear mask if necessary
- Avoid crowds
- Proper ventilation

PREVENTIVE MEASURES

3. Diseases transmitted by contact :

- Wash hands frequently, and as necessary
- Body fluids/secretions of infected person to be handled appropriately
- Use of personal protective equipment
- Environmental cleaning and disinfection
- Proper disposal of waste

PREVENTIVE MEASURES

4. Vectorborne diseases :

- Vector control
- Houseflies : cover food properly
- Mosquitoes : antimosquito cream, long sleeves clothes covering legs and arms, mosquito bednet

PREVENTIVE MEASURES

All children should be properly vaccinated according to vaccination schedule

Disease	Recommended period to be kept away from school
Diarrhoea & vomiting	48 hours from last episode of diarrhoea or vomiting
Flu	Until recovered
Impetigo	Until lesions are crusted or healed
Scabies	Can return after first treatment
Conjunctivitis	None
Headlice	None
Warts & verrucae	None

CONCLUSION

- GOOD HYGIENIC PRACTICE :
 - Handwashing
 - Cough etiquette
 - Environmental cleaning
 - Cleaning of blood and body fluids spillage
 - Personal protective clothing
 - Laundry
 - Clinical waste