

Communicable diseases common to man and animals

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The prevention of communicable diseases within the vicinity of where people live is essential to promote healthy living. This entails encouraging proper sanitation and reducing rodents that spread agents of these diseases such as intestinal discharge among others (Merril & Timmreck, 2006). Therefore, this paper is going to discuss how the transmission spreads and how to contain the problem.

There are various ways through which communicable diseases are transmitted through intestinal discharges. For example, there are respiratory diseases that passed from the nose, throat, or lungs of a person who is infected. These respiratory diseases entail influenza (flu), pneumonia, tuberculosis (TB) and common cold among others. Another malady includes intestinal disease whereby transmission is through food or water that has contamination via urine or feces of a person who is infected or an animal. Example of these diseases includes cholera, dysentery and typhoid among others (Acha & Szyfres, 2001). On the same note, such infections are found in waters that people have been put in containers and used to prepare food. Additionally, these transmissions come because of poor water treatment and living in squalid conditions such as slums. These are places that do not have proper radiation control and environmental management. Alternatively, these diseases are caused by lack of insect and rodent control such as mice that feast on both feces and food inside the house. In the same respect, poor dumping techniques such as contaminated solid material either in rivers or in dumpsite spread these diseases.

Therefore, this calls for an urgent need to implement control factors to

prevent contamination for human life. For example, it is essential to find better methods of dumping waste materials such as feces and dirty water in order to reduce transmission of the communicable diseases such typhoid and cholera among other diseases. Additionally, rodent and insect control should be reduced through use of anti rodents in order to reduce the transmission of contaminated materials and components consumed by human beings. In the same aspect, there should be effective swimming pool guidelines that ensure proper drainage to avoid contact of drinking water with bathing water (Heymann, 2008). Furthermore, effective solid waste management should be instituted through digging of toilets and latrines that do not encourage more contamination.

Another fundamental method of reducing the spread of communicable diseases entails examining methods of controlling the agents that transmit these diseases. For example, it is paramount to treat any water drawn from boreholes, streams, rivers and wells among other sources with chlorine before any consumption (Noah, 2006). This also includes proper environmental management whereby wastes are dumped and burnt to kill the worms that acts as the transmitting agents in the spread of these communicable diseases. Additionally, proper sanitation is a requisite element in the area of residence including proper shelter. However, in case of infection, it advisable to attend immunization services early enough to prevent further spread.

In summary, it is also effective for people to stay in a healthy environment where there is clean water in order to counter the possibility of typhoid, cholera and dysentery among other communicable diseases (Weber, 2012).

It is only when such aforementioned prevention methods are implemented that communicable diseases will reduce.

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