

Information on Some Common Communicable Diseases

Disease	Cause	Method of transmission	Prevention	Treatment
Common cold	About 250 different viruses	<ul style="list-style-type: none"> • Droplets from sneezes, coughs • Coming into contact with contaminated items like phones, computers, etc. 	<ul style="list-style-type: none"> • No vaccine; • Hand washing; • Staying away from the sick 	None. You may take medicine to help with symptoms, though.
Seasonal influenza	Viruses	<ul style="list-style-type: none"> • Droplets (see above) 	<ul style="list-style-type: none"> • Vaccine available, although not 100% effective. 	None. Treat symptoms and rest. Antivirals may decrease length and severity of illness
Strep throat	Group A Streptococcal bacteria	<ul style="list-style-type: none"> • Droplets (see above); indirect contact 	<ul style="list-style-type: none"> • No vaccine. • Avoid the sick • Wash hands, etc. 	Antibiotics
HIV	Human Immune Deficiency Virus	<ul style="list-style-type: none"> • Sexual transmission; • Blood borne; • Perinatal (from Mom to unborn child) 	<ul style="list-style-type: none"> • No vaccine • Several are under development • No sexual contact with infected. 	Antiviral drugs developed specifically to fight HIV; they do not cure HIV, but prolong life.
Sexually Transmitted Diseases caused by bacteria: <ul style="list-style-type: none"> • Syphilis • Gonorrhea • chlamydia 	3 different kinds of bacteria	Sexual (through direct and intimate contact)	<ul style="list-style-type: none"> • No Vaccines • Avoid sexual contact • Use safer sexual practices 	Antibiotics
Sexually Transmitted Diseases Caused by Viruses <ul style="list-style-type: none"> • genital warts • herpes • hepatitis B 	3 different viruses	Sexual	<ul style="list-style-type: none"> • New vaccine! • No vaccine • Vaccine! 	Antivirals may used but are not curative.
Rabies	A virus	Animal borne	<ul style="list-style-type: none"> ▪ vaccine 	None. Nearly always fatal without vaccine
Salmonella	bacteria	Food borne	<ul style="list-style-type: none"> ▪ No vaccine ▪ Cook food properly 	None. Treat symptoms and rest
Athlete's Foot	A fungus	Indirect contact (like sharing a shower)	<ul style="list-style-type: none"> ▪ Don't go barefoot 	Yes
Malaria	A parasite	Insect borne	<ul style="list-style-type: none"> ▪ No vaccine ▪ Pre-medication available for travelers ▪ Insect repellent 	Yes

More detailed information available through links below.