

*Donne in cammino
dalla resilienza all'autonomia sul territorio di Roma*

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HOW TO PREVENT INFECTIOUS DISEASES?

Infectious diseases can be transmitted in different ways: through the air, the fecal-oral route, blood, and sexual contact. Prevention is essential to reduce the spread of these pathogens and protect both individual and public health.

It is a collective responsibility that involves individuals, communities, and healthcare systems. Adopting preventive measures helps protect yourself and others, reducing the spread of infections and improving the quality of life.



1. Airborne diseases

Airborne diseases spread through respiratory droplets released when coughing, sneezing, or speaking. Examples include flu, COVID-19, tuberculosis, and measles.

To prevent these diseases, it is recommended to:

- Get available vaccinations (flu, measles, COVID-19, etc.)
- Wear masks in crowded places.
- Maintain hand hygiene with soap and water or alcohol-based disinfectants.
- Open windows to improve ventilation in enclosed spaces.
- Stay home from work and avoid crowded places when sick. If going out is necessary, wearing a mask is important to protect those around you.

2. Fecal-oral transmission diseases

These diseases are transmitted through contact with food or water contaminated by infected feces. Common examples include hepatitis A and salmonellosis.

To prevent these diseases, it is recommended to:

- Wash hands thoroughly before eating and after using the restroom.
- Properly handle and cook well enough the food.
- Drink safe and potable water.

These diseases spread through contact with infected blood, contaminated needles, or unsafe transfusions. Examples include hepatitis B and C, HIV, and dengue fever.

3. Bloodborne diseases



To prevent these diseases, it is recommended to:

- Avoid sharing needles, syringes, tweezers, and toothbrushes.
- Maintain proper hygiene during menstruation, especially in communal living situations.
- Use sterile instruments for tattoos and piercings.
- Ensure blood is screened before transfusions.
- Get vaccinated against Hepatitis B.

4. Sexually Transmitted Diseases (STDs)

Sexually transmitted infections (STIs) spread through unprotected sexual contact with an infected person. Major STDs include HIV, syphilis, gonorrhea, genital herpes, and human papillomavirus (HPV).

To prevent these diseases, it is recommended to:

- Use condoms correctly, with guidance available from a healthcare provider.
- Undergo regular blood tests for STDs.
- Get vaccinated against HPV and Hepatitis B.
- Participate in sexual education courses and raise awareness about the risks.