## Contagious Illnesses in Our Community

As we recently discovered with Covid, without knowledge and precautions, illness can be acquired while doing our daily activities in our community.

There are bloodborne diseases such as Hepatitis B, HIV, and Hepatitis C. Food and water borne illnesses such as Salmonella, Giardia, Vibrio, E-coli, etc.



Many illnesses can be inhaled through dust particles or respiratory droplet particles such as Hantavirus, Botulism, Tuberculosis, Influenza, etc.





Many illnesses can be prevented with vaccines. Measles, Mumps, Hepatitis A & B, Chickenpox (Varicella), Meningitis, Pertussis, and many more!

Proper hand hygiene after using the restroom, after diaper changes, and before preparing meals can prevent transmission. Hand sanitizer when you leave public areas, can be beneficial. When using soap and water, allow the soap to remain on your hands for 20 seconds or greater before rinsing.



## Knowledge is power!

Follow the QR code for information about the many illnesses in our community.



