Communicable and Non-Communicable Diseases

Diseases are illnesses that our body tries to fight. Some diseases last a short time and some last a longer time. Some diseases last the person’s entire life.

Non-Communicable Diseases:

* cannot be passed from one person to another
* can be born with or develop a non-communicable disease
* some can be cured (some cancers), some can only be controlled (diabetes)
* four main types of non-communicable diseases: heart disease, cancer, respiratory diseases, diabetes
* may come because of lifestyle choices (a smoker may develop lung cancer) but some just happen without any cause from the person

Communicable Diseases (infectious or contagious):

* can be passed from one person to another or from an animal to a human
* some can be cured (flu) but others cannot (HIV/AIDS)
* most common are: Hepatitis (liver), HIV/AIDS, Influenza (flu), Malaria, Polio, Tuberculosis (lungs), Dysentery/Cholera (intestinal)
* some are transferred through the air, through the water, and some are spread through bodily fluids
* many communicable diseases can be prevented
  + personal hygiene is the most important: WASH YOUR HANDS
  + protect yourself from STDs: USE A CONDOM
  + don’t share razors when sharpening pencils
  + drink clean water (boiled or bottled)