



# Infectious Diseases Toolkit

## Overview on Infectious diseases:

Infectious diseases are diseases that are caused by organisms caused by bacteria, viruses, fungi or parasites. Some infectious diseases can be spread from person to person. Some can be passed by insects or other animals. Also, it may transmit by consuming contaminated food or water or being exposed to organisms. Many infectious diseases can be prevented by vaccines. Frequent hand washing and sanitizing help to protect the individuals from most of infectious diseases.

## Symptoms:

Common signs and symptoms to many infectious diseases includes:

- Fever.
- Diarrhea.
- Fatigue.
- Muscle aches.
- Coughing

## Causes:

**Bacteria:** can cause illnesses such as urinary tract infections and tuberculosis.

**Viruses:** diseases ranging from common cold to AIDS.

**Fungi:** skin diseases such as ringworm and athlete's foot.

**Parasites:** a mosquito bites like malaria, animal feces.

### Direct Contact:

**Person to person:** individual touches, kisses, coughs, or sneezes. Germs can spread through the exchange of body fluids from sexual contact.

**Animal to person:** being scratched or bitten by an infected animal such as infected with toxoplasmosis by scooping cat's litter box.

**Mother to unborn child:** germs can pass through the placenta or through breast milk. Germs in the vagina can also be transmitted to the baby during birth.

### Indirect Contact:

Such as touching tabletops, doorknobs, faucet handles. Persons get infected if they touch elevator buttons after someone when infected touched it.

### Insect Bites:

Such as getting bitten by mosquitos, fleas, ticks. For example, malaria parasite and West Nile virus carried by mosquitos, and Deer ticks carry bacteria that causes Lyme disease.

### Food Contamination:

Through contaminated food and water. For example, Escherichia coli (E. coli) that presents in uncooked meat or unpasteurized milk.

### Risk Factors:

Anyone can catch infectious diseases and get sick if their immune system is not working properly. Such as taking steroids, have HIV or AIDS, or have certain types of cancer.

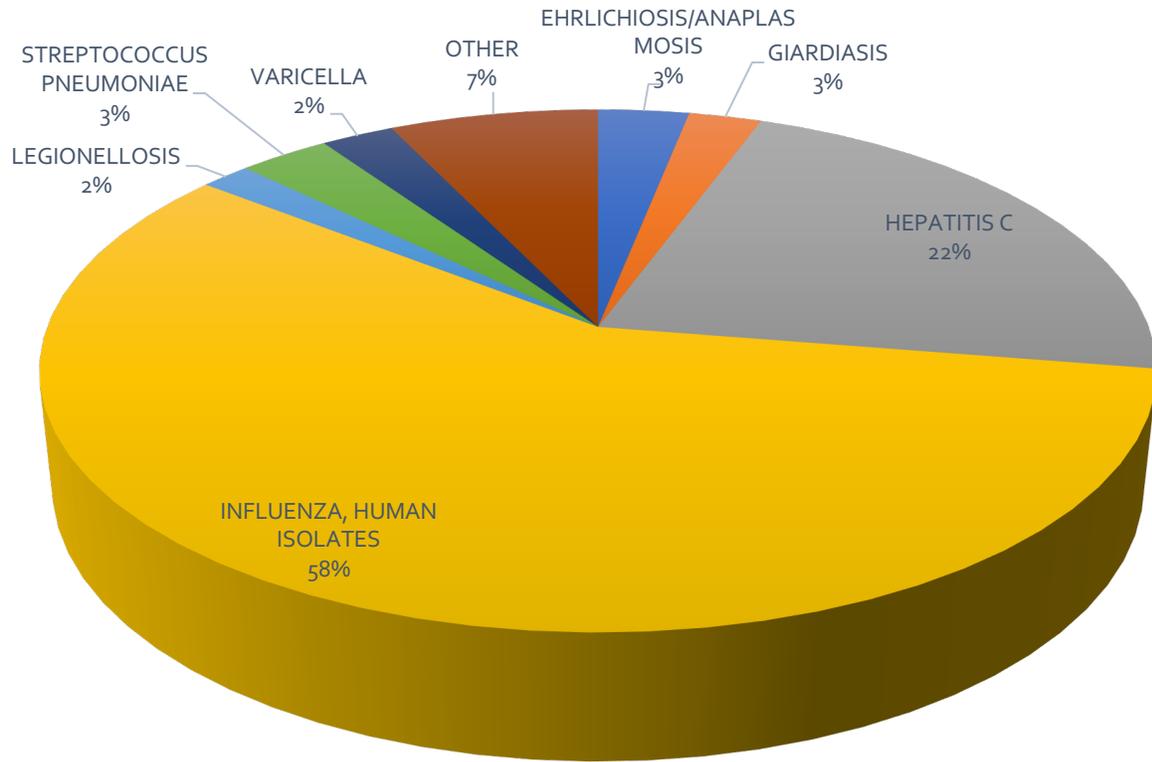
### Prevention of Infectious Diseases:

- Wash your hands.
- Get vaccinated.
- Stay home when ill.
- Prepare food safely.
- Practice safe sex.
- Do not share personal items.
- Travel with precaution.

### Passaic County Infectious Diseases:

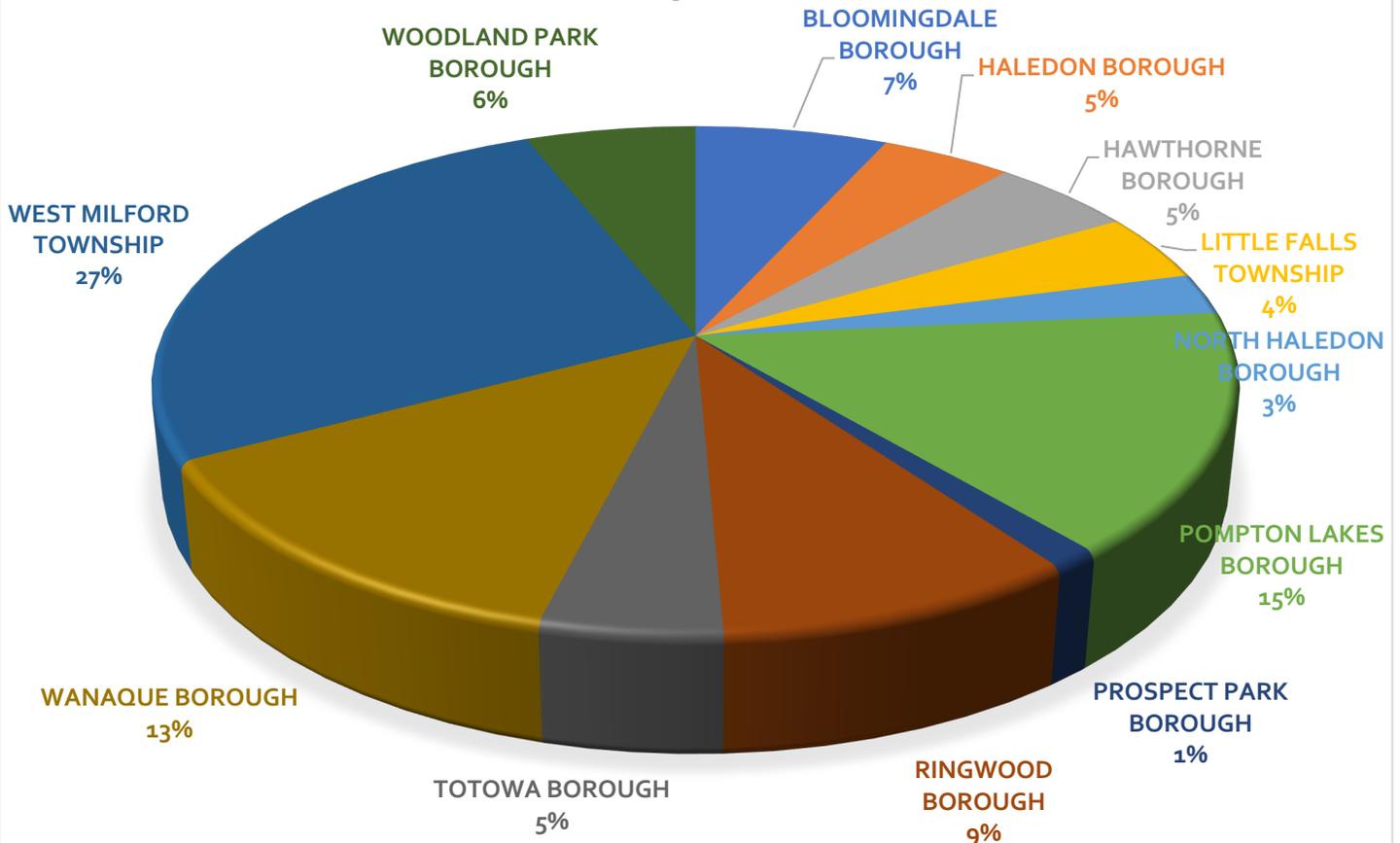
The highest percentage of infectious diseases in Passaic County is for influenza and Hepatitis C. The municipalities that have the highest percentage of infection diseases are West Milford, Pompton Lakes, and Wanaque.

## Passaic County Infectious Diseases (2019-2021)



Note: All Passaic County municipalities included except Paterson, Clifton, Wayne, and Passaic City

## INFECTIOUS DISEASES PER TOWN IN PASSAIC COUNTY (2019-2021)



Note: All Passaic County municipalities included except Paterson, Clifton, Wayne, and Passaic City

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