**World’s most common communicable diseases – cards to cut out and match**

**Malaria**
(Caused by a single-celled parasite injected by mosquitoes)

- **Symptoms**
  - Central
    - Headache
  - Systemic
    - Fever
  - Muscular
    - Fatigue
    - Pain
  - Respiratory
    - Dry cough
  - Spleen
    - Enlargement
  - Stomach
    - Nausea
    - Vomiting

  The spleen enlarges as it destroys red blood cells infected by the parasite.

- **Data**
  - 405,000 deaths, including
    - 272,000 children under 5 years old.
    - 228 million cases.

- **Prevention**
  - Sleeping under nets treated with insecticide to prevent mosquito bites; testing; protective drugs; pilot vaccination.

- **Treatment**
  - Artemisinin-based combination therapy (ACT)

**Respiratory infections and TB (tuberculosis)**
TB caused by Mycobacterium tuberculosis spread in droplets from coughs and breaths

- **Symptoms**
  - Severe, acute, watery diarrhoea (maybe cholera) or acute, bloody diarrhoea (dysentery) or persistent diarrhoea and dehydration.

- **Data**
  - 770,000 deaths (including
    - 200,000 from TB co-infection).
  - 40 million cases of HIV.

- **Prevention**
  - Education on safe sex/access to condoms, use of clean needles for injections, testing and use of antiretroviral drugs.

- **Treatment**
  - ART (antiretroviral therapy)
  - ARV drugs ‘package of care’
### HIV/AIDS
(Caused by Human Immunodeficiency Virus spread by certain bodily fluids)

**Symptoms**
Prolonged cough, chest pain, weakness or fatigue, night sweats, weight loss and fever.

**Data**
1.6 million deaths, incl. 0.5m children under 5 years old. Over 2 billion cases.

**Prevention**
Clean water supplies; good sanitation; hand washing; food hygiene; rotavirus vaccination.

**Treatment**

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Sources: WHO, 2018; GBD, 2017
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### Diarrhoeal diseases
(Caused by Rotavirus, Escherichia coli [E.coli] or certain other microbes)

**Symptoms**
- **Initial stage**: no symptoms OR illness, including fever, headache, rash or sore throat.
- **Second stage**: weakens the immune system.
- **Serious stage**: swollen lymph nodes, weight loss, fever, diarrhoea and cough.
- **Final stage**: tuberculosis (TB), severe bacterial infections and cancers.

**Data**
3.7 million deaths (including 1.5m from TB and 450,000 from flu). 10 million cases of TB.

**Prevention**
Improved nutrition, living conditions and air quality. Testing and vaccination against TB, influenza or pneumonia.

**Treatment**

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Sources: WHO, 2018; GBD, 2017
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Antibiotics for TB, including rifampicin and isoniazid.
<table>
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<th>Name of disease</th>
<th>Symptoms</th>
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<th>Prevention and treatment</th>
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<td>Covid-19</td>
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<tr>
<td>Respiratory infections and TB</td>
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<tr>
<td>HIV/AIDS</td>
<td>This is a virus that attacks the body's immune system, specifically the white blood cells. It is recommended that anyone who could have HIV should be tested so that they can take antiretroviral drugs if they test positive. These drugs help people live active lives and can reduce transmission. The number of AIDS-related deaths has gone down from 1.4 million in 2000 to about a quarter of a million in 2018. (WHO)</td>
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<tr>
<td>Diarrhoeal diseases</td>
<td>These are usually a symptom of a gut infection, which can be caused by bacteria, viruses or parasites. Infection is spread through contaminated food or drinking-water, or from person to person as a result of not handwashing. Severe diarrhoea leads to fluid loss, and may be life-threatening, particularly in young children. The number of children under five dying from these diseases (0.5m) is about 0.7m less than in 2000. (WHO)</td>
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<tr>
<td>Malaria</td>
<td>Malaria is a serious tropical disease spread by mosquitoes. When an infected mosquito bites a person, it passes the parasites into the bloodstream. They go to the liver and then invade red blood cells to cause the illness. Pregnant women and small children are especially at risk. Cases are reducing – down to 228 million in 2018. Sleeping under a treated net reduces risk. A few African countries are testing a vaccine. (WHO, NHS)</td>
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