

Introduction

What comes to mind when you hear about an infection? When an epidemic occurs, the media will also take up a lot, so it is likely that infectious diseases are perceived as "scary things"? But not just to think of it as scary or scary. It's important to be scared right. This time, I'll tell you the basics about infectious diseases in general. And I want you to understand that the most basic thing about preventive measures is that it's very easy and that everyone knows what they know.



Welcome everyone

[Contact us at Center for Health Sciences and Counseling]

○Mon. – Fri. 9:00-17:00

○<http://www.chc.kyusyu-u.ac.jp/>

Center for Health Sciences and Counseling

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Selfcare series for students

[Student life]

1. Student counseling Q & A
2. How to make small talk
3. How to take tests and make presentations
4. How to not procrastinate
5. How to get over failures
6. How to deal with parents during adolescent year
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8. Transfer students
9. How to manage your schedule
10. Friendship at the university
11. Quit the university?
12. For students that plan to study abroad

[Mental and physical health]

1. Sleep disorder
2. Headache
3. Anemia
4. Intestinal issues
5. Adjustment disorder
6. Anxiety disorder and panic disorder
7. Cause of depression
8. Symptoms of depression
9. Autonomic nerves and autogenic training
10. Relaxation
11. Health issues associated with smoking
12. Infectious diseases

Source: Center for Health Sciences and Counseling, Kyushu University.

Illustration by Chiyo Inoue

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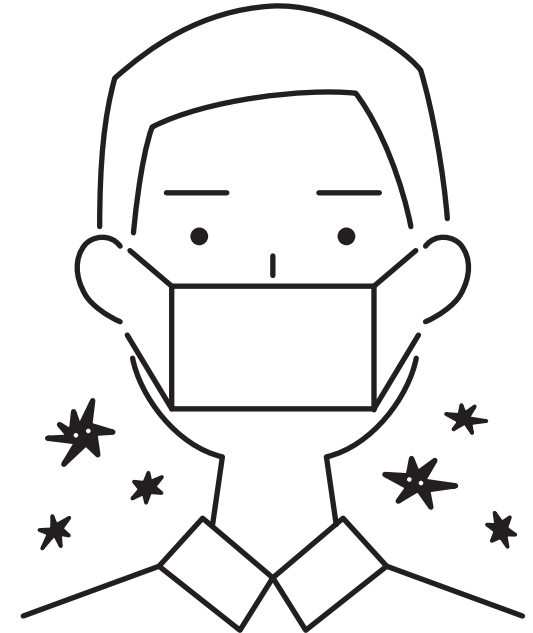
Selfcare



For students

Mental and physical health 12

Infectious Diseases



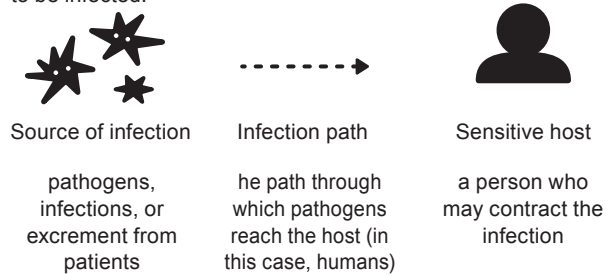
This pamphlet summarizes the information necessary for you to manage the mental and physical problems you may encounter. Please refer to this pamphlet as needed.

Kyushu University

Center for Health Sciences and Counseling

Why do infections occur?

Knowing the cause and knowing how to prevent it can reduce the risk of infection. Infectious diseases "develop" by "infection", but there are three essential factors for pathogens to be infected.



Only when the above three are aligned does the infection be established, leading to the onset due to the force relationship between the infected host and the pathogen. Therefore, the person who is infected, but does not develop it will come out, too. This is called a manifest infection. Inmanifestability infection swells often as a carrier and is likely to excrete pathogens and become a source of infection, which is a problem for the spread.

Diversity of infectious diseases

Infectious diseases may have different symptoms and symptoms depending on the pathogen that causes them, and even if they are infected with the same pathogen, they may appear in different ways. As mentioned above, the power relationship between the host and the pathogen also affects it. It is called the incubation period until it is infected and the symptoms come out, but there is also a pathogen that can be transmitted to others from this time, and the time when the symptoms are exposed and the time of infection are not necessarily consistent.

Infectious diseases have many modifiers, such as the diversity of pathogens that cause them, factors of the host's age and health condition, and different symptoms in the same pathogen, so there is no reliable preventive measure in all

cases. It is necessary to take measures to prevent them on a timely basis.

However, the most fundamental part of preventive measures works well for any infection.

The preventive measures we should take are in such fundamental measures.

What you should do to prevent infection

I. Measures against sources of infection

Eradicating pathogens themselves is not something that can be done by an individual, and quarantine is not something that can be done by an individual. The only thing you can do as a source of infection is what you can do when you become a patient. The most important thing is to do something that does not spread the infection to others. If you get the flu, because it is a public treat, it is to protect cough etiquette by wearing a mask.

II. Measures against infection pathways

Breaking the route of infection is the greatest preventive measure we can take. For colds, flu, etc., splash infection and contact infection are the route. It is most important to carry out hygienic habits such as hand washing. It is also important not to do such a thing when wearing a mask, because it will touch the contaminated area.

| | |
|--|---|
| Contact infection | Vector animal infection |
| Droplet infection | Blood infection |
| Air infection (splash nuclei, dust) | Vertical infection (placenta, meridian, breast milk) |
| Oral infection | |

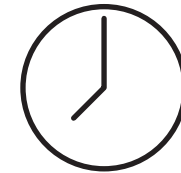
III. Measures against sensitive persons

The most effective way to do this is to vaccinate, but the production of the vaccine is not something that can be done

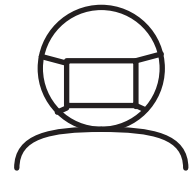
by an individual. There are also infections that do not have a vaccine. Even if you are sensitive, you can reduce your risk of infection by living a regular life, taking adequate rest and nutrition, and avoiding crowded areas when infections are prevalent.

To prevent infection

The most important thing is to do what everyone knows and what is very natural. There are various characteristics for each infectious disease, and although it may be necessary to respond individually accordingly, the fundamental part is limited to the following points.



regular life



Cough Etiquette



Adequate rest and nutrition



Avoid unnecessary and unnecessary outings in the crowd (in fashion)



Hand washing and gargling



Vaccination if available

Be careful about these things and live your life so that you don't get an infection.