



BY Eating fruit

SAM
sam
BY exercise

BY sleeping

BY Eating



Disease	Caused by	Spread by	Signs & Symptoms	Complications
Chickenpox	Varicella Zoster virus	Air, direct contact	Rash, fever	Bacterial infections, meningitis, encephalitis, pneumonia, death.
Diphtheria	<i>Corynebacterium diphtheriae</i> bacteria	Air, direct contact	Sore throat, mild fever, membrane in throat, swollen neck	Heart failure, paralysis, pneumonia, death.
Hib Disease	<i>Haemophilus influenzae</i> type b bacteria	Air, direct contact	May be no symptoms unless bacteria enter blood.	Meningitis, epiglottitis, pneumonia, arthritis, death.
Hepatitis A	Hepatitis A virus	Personal contact. Contaminated food or water.	Fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice, dark urine.	Liver failure, death.
Hepatitis B	Hepatitis B virus	Contact with blood or body fluids	Fever, headache, malaise, vomiting, arthritis.	Chronic infection, cirrhosis, liver failure, liver cancer, death.
Influenza (Flu)	Influenza virus	Air, direct contact	Fever, muscle pain, sore throat, cough.	Pneumonia, Reye syndrome, myocarditis, death.
Measles	Measles virus	Air, direct contact	Rash, fever, cough, runny nose, pinkeye.	Pneumonia, ear infections, encephalitis, seizures, death.
Mumps	Mumps virus	Air, direct contact	Swollen salivary glands, fever, headache, malaise, muscle pain.	Meningitis, encephalitis, inflammation of testicles or ovaries, deafness.
Pertussis (whooping cough)	<i>Bordetella pertussis</i> bacteria	Air, direct contact	Severe cough, runny nose, fever.	Pneumonia, seizures, brain disorders, ear infection, death.
Polio	Poliomyelitis virus	Through the mouth	May be no symptoms, sore throat, fever, nausea.	Paralysis, death.
Pneumococcal Disease	<i>Streptococcus pneumoniae</i> bacteria	Air, direct contact	Pneumonia (fever, chills, cough, chest pain).	Bacteremia (blood infection), meningitis, death.
Rotavirus	Rotavirus virus	Through the mouth	Diarrhea, fever, vomiting	Severe diarrhea, dehydration, electrolyte imbalance, kidney and liver disease, death
Rubella (German measles)	Rubella virus	Air, direct contact	Rash, fever, lymphadenopathy, malaise.	Encephalitis, arthritis/arthralgia, hemorrhage, orchitis.
Tetanus (lockjaw)	<i>Clostridium tetani</i> bacteria	Exposure through cuts in skin	Stiffness in neck, difficulty swallowing, rigid abdominal muscles, muscle spasms, fever, sweating, elevated blood pressure.	Broken bones, breathing difficulty, death.