

### Infectious and Communicable Diseases

1. Define the terms *infectious diseases* and *communicable diseases* in the spaces provided.

Infectious diseases	Communicable diseases

### Methods of Transmission

2. Describe the ways that a contagious disease can be spread.

<b>Direct</b>	
<b>Indirect</b>	
<b>Airborne</b>	
<b>Host</b>	

## Preventing Communicable Diseases

3. Complete the list of ways you can prevent communicable diseases.

- 1 Wash your hands with soap and water.
- 2 \_\_\_\_\_.
- 3 Get vaccinated.
- 4 Stay home if you are sick.
- 5 \_\_\_\_\_.
- 6 Abstain from sexual activity.
- 7 \_\_\_\_\_.
- 8 Keep your environment clean, especially surfaces in the kitchen and bathroom.
- 9 \_\_\_\_\_.
- 10 Use bug repellent when spending time outdoors.

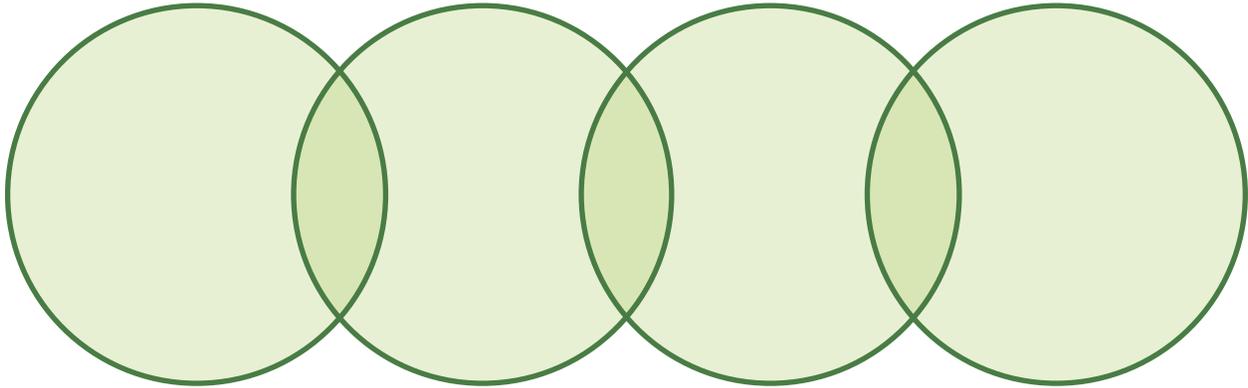
## Symptoms of Communicable Diseases

4. What are five of the common symptoms of communicable diseases?

- 1
- 2
- 3
- 4
- 5

### Common Communicable Diseases

5. Identify one example of a disease caused by each of the following categories of pathogens: virus, bacteria, fungi, and protozoa. Label the top of each circle with the category, and write the example inside the appropriate circle.



6. Compare and contrast the flu with the cold.

Flu	Cold

### Skill Building Challenge: Communicating Well to Stay Healthy

7. Complete the following Tips for Being Assertive:

Use \_\_\_\_\_ statements.

Practice saying \_\_\_\_\_.

Watch your \_\_\_\_\_ language.

Check your \_\_\_\_\_.