1. Communicable Diseases

Communicable diseases are illnesses that can spread between people through germs like bacteria, viruses, parasites and fungi. They can spread in many different ways:

How do communicable diseases spread?



People who are infected

- By touch
- Having sex
- Droplets when someone coughs or sneezes
- Blood and body fluids (e.g. saliva, mucous)
- Feces (poop)



Insects or animals

- Bites (e.g. ticks, mosquitos, bats, dogs)
- Touching infected animals
- Touching animal body fluids



Surfaces or air

- Surfaces or objects we touch that have germs on them
- The air we breathe (e.g. tuberculosis, chickenpox)



Food or water

- Infected food like meat, vegetables
- Drinking water that's contaminated

See the next sections to learn more about specific diseases that may be common at shelters:

- Respiratory viruses
- Gastrointestinal Illness
- Tuberculosis (TB)
- Sexually Transmitted Infections (STI)