**When you have a common communicable infectious disease like a cold or the flu, do you do anything to protect others, such as members of your family, from catching your illness? If so, what? Would you do anything differently after reading this chapter? If so, what? Would you use CAM to help “cure” your cold? Why or why not?**

**Comment on 2 of your classmate’s reflections. If you agree or disagree with their stance justify your thoughts in your response.**

**Post:**  Yes, I attempt to safeguard others from this illness when I have a cold or flu. The transmission of communicable diseases is a dynamic method. The method depends on the interaction of the host (individual) with the agent (microorganism) and the environment (current conditions).

The following variables must be present in order for a communicable disease to happen:

* A microorganism with adequate force (virulence).
* A vulnerable individual (reduced immunity).
* An environment that supports the transmission of the agent.

I attempt to make myself clean and disinfect commonly used surfaces whenever I have a prevalent communicable infectious disease. I'm also trying to sneeze and cough into a tissue and I don't share personal items.

When I get vaccinated, I attempt my utmost to prevent touching wild animals and remain home. After reading this section, I will attempt to be more aware of it as it can be readily transmitted. Yes, I'm going to use CAM to treat these diseases, and it's true that CAM isn't the disease's particular therapy, but the CAM has a very relaxing impact.

**Reply 1:** I agree with your response, Tareq. It is true that communicable diseases are infectious diseases that can be transmitted (as from person to person) through direct contact with the impacted person or through discharges from the individual. So, cleaning yourself and getting vaccinated is better. In addition, people are using CAM for a range of illnesses and circumstances. Approximately 38 percent of adults (roughly 4 in 10) and roughly 12 percent of kids (roughly 1 in 9) use some type of CAM because it has a relaxing impact although it is not the specific disease remedy.

**Reply 2:** I like your response, Frederic! However, I think that Communicable diseases stay a significant problem for public health and are the primary cause of morbidity and mortality. People carry an important part of many communicable diseases' regional burden. Although CAM is not a particular remedy for the disease. People of all backgrounds use CAM. However, the use of CAM among adolescents is greater among women and those with greater levels of education and greater incomes.