infecti non-infecti diseas acquisit human bodi constantli sieg multitud threat within without understand acquir infecti non-infecti diseas empow us take prevent measur maintain optim health infecti diseas caus pathogen organ like bacteria virus fungi parasit transmiss infecti agent occur variou rout direct contact infect person bodili fluid contamin surfac common mode transmiss diseas like common cold influenza sexual transmit infect sti airborn transmiss inhal respiratori droplet contain pathogen expel cough sneez respons spread diseas like measl tuberculosi covid-19 indirect contact contamin object fomit inanim object harbor pathogen transmit diseas like gastrointestin infect hepat a. vector-born diseas like malaria dengu fever transmit bite infect insect like mosquito foodborn ill aris consum contamin food water harbor pathogen like bacteria parasit nosocomi infect also known hospital-acquir infect concern healthcar set transmiss occur contamin equip contact infect patient healthcar worker noninfecti diseas unlik infecti counterpart caus transmiss pathogen often aris complex interplay genet predisposit environment factor genet mutat increas suscept certain noninfecti diseas like cystic fibrosi certain type cancer howev environment factor play signific role trigger exacerb condit lifestyl choic significantli impact risk develop noninfecti diseas diet high satur tran fat process food ad sugar coupl physic inact major contributor chronic diseas like obes type 2 diabet heart diseas exposur environment toxin cigarett smoke air pollut increas risk respiratori ill certain cancer sedentari lifestyl prolong sit link increas risk musculoskelet disord understand mode acquisit empow us take prevent measur infecti noninfecti diseas frequent handwash soap water remain one effect way prevent spread infecti diseas transmit direct indirect contact practic good cough hygien cover mouth nose cough sneez help prevent spread airborn pathogen safe food handl practic proper food storag thorough cook significantli reduc risk foodborn ill maintain clean disinfect environ especi healthcar set crucial prevent spread nosocomi infect vaccin power tool prevent infecti diseas vaccin stimul immun system develop antibodi specif pathogen effect shield individu futur infect noninfecti diseas adopt healthi lifestyl paramount balanc diet rich fruit veget whole grain provid essenti nutrient promot overal well-b regular physic activ strengthen bodi reduc risk chronic diseas maintain healthi weight get enough sleep also crucial optim health manag stress relax techniqu like medit yoga benefici avoid smoke minim exposur environment toxin reduc risk develop noninfecti diseas conclus infecti noninfecti diseas pose distinct threat human health howev understand mode acquisit take proactiv step prevent occurr frequent handwash good cough hygien safe food handl practic vaccin crucial prevent infecti diseas hand adopt healthi lifestyl balanc diet regular physic activ stress manag techniqu help reduc risk noninfecti diseas inform take prevent measur safeguard health enjoy life less interrupt ill