

UNIVERSITY COLLEGE HOSPITAL(UCH)IBADAN
COMMUNITY HEALTH OFFICERS TRAINING PROGRAMME
PRINCIPLES OF COMMUNICABLE DISEASE AND EPIDEMIOLOGY
LEVEL:300LEVEL.

QUESTION

Discuss Susceptible Host as a link in the chain of infection.

Susceptible Host (in the Chain of Infection)

A susceptible host is a person or organism that can easily become infected by a disease-causing agent (pathogen). The host's ability to resist infection depends on factors such as:

The strength of the immune system,Age (very young or old individuals are more vulnerable),

Nutritional status,Presence of other diseases (e.g., HIV, diabetes)

Vaccination status,Genetic factors,Hygiene and lifestyle habits.

When a pathogen reaches a susceptible host, infection occurs if the host's defense system cannot resist it.

Control Measures for Susceptible Host:

To reduce susceptibility and prevent infection, the following control measures are used:

1. Immunization (Vaccination):Provides immunity against specific diseases such as measles, tetanus, and hepatitis.
2. Good Nutrition:A balanced diet strengthens the immune system and helps the body resist infection.
3. Personal Hygiene:Regular handwashing, bathing, and clean clothing reduce exposure to pathogens.
4. Adequate Rest and Exercise:Helps maintain a strong immune system and overall health.
5. Early Diagnosis and Treatment of Diseases:Timely medical care reduces the chances of complications and spread.
6. Avoidance of High-Risk Behaviors:Safe sex, proper food handling, and avoiding contact with infected persons.
7. Protection of Immunocompromised Individuals:Special care for people with weak immune systems (e.g., HIV patients, elderly, or newborns).



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8. Environmental Sanitation: Keeping surroundings clean reduces contact with disease vectors (e.g., mosquitoes, rodents).



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