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EPIDEMIOLGY AND DISEASES CONTROL

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300L

## 1) Explain Susceptible host

**Ans:** susceptible host is a person or animal that can easily get infected by a disease-causing organism (pathogen) because their body cannot resist or fight it effectively.

susceptible host is an individual who lacks sufficient immunity or resistance to a particular infectious agent, making them vulnerable to disease when exposed.

### Factors that make a host susceptible:

1. Age – very young (infants) and very old people are more vulnerable.
2. Immunity level – low immunity due to lack of vaccination or previous exposure.
3. Nutrition – poor nutrition weakens the immune system.
4. Health status – chronic diseases (like diabetes, HIV/AIDS) reduce resistance.
5. Genetic factors – some people are naturally more prone to certain infections
6. Environment – overcrowding, poor sanitation, and exposure increase risk.
7. Lifestyle – stress, smoking, alcohol, and lack of sleep can lower immunity.

### Example:

A child who has not been vaccinated against measles is a susceptible host if exposed to someone with measles.

A malnourished person may be more likely to contract tuberculosis (TB).

## Control Measures for a Susceptible Host

The main goal is to increase resistance and reduce vulnerability to infection.

### 1. Immunization (Vaccination):

Gives protection against specific diseases like measles, polio, tetanus, etc.

Strengthens the immune system so the person can resist infection.

## 2. Good Nutrition

Eating a balanced diet helps the body build strong immunity and fight off infections.

## 3. Adequate Rest and Exercise

Regular exercise and enough sleep help maintain a healthy immune system.

## 4. Proper Personal Hygiene

Washing hands regularly, bathing, and keeping the body clean prevent germs from entering the body.

## 5. Control of Underlying Diseases

Managing chronic illnesses such as HIV, diabetes, or tuberculosis reduces the chance of new infections.

## 6. Health Education

Teaching people about disease prevention, hygiene, and vaccination encourages healthy behavior.

## 7. Improved Living Conditions

Clean environment, proper ventilation, and reduced overcrowding lower the risk of infection spread.

## 8. Use of Protective Measures

Using insecticide-treated nets, masks, gloves, and other protective tools helps prevent exposure to infectious agents.

