

IDOWU DEBORAH

Chain of Infection

#### 6. Susceptible Host:

A susceptible host is an individual who is vulnerable to an infection due to a lack of immunity against specific pathogens.

Who are the most susceptible people to infection?

People who have underlying medical conditions such as diabetes, cancer, or organ transplants. People who take medications such as antibiotics, steroids, and certain cancer-fighting medications.

#### FACTORS OF A SUSCEPTIBLE HOST

1. Age – Very young infants and elderly individuals often have weaker immune systems.
2. Immune status – Weak or compromised immunity due to HIV, cancer, malnutrition, chronic disease, or immunosuppressive drugs.
3. Nutritional status – Poor nutrition, vitamin deficiency, or general malnutrition.
4. Genetic factors – Some people inherit traits that make them more or less resistant to certain diseases.
5. Physical & health condition – Presence of chronic illnesses such as diabetes, hypertension, kidney disease, or lung disease.
6. Stress & fatigue – Physical or emotional stress weakens immune response.
7. Lifestyle & behaviours – Smoking, alcohol use, substance abuse, poor hygiene, or risky behaviour.
8. Vaccination status – Unvaccinated individuals are more susceptible to vaccine-preventable diseases.

9. Environmental factors – Overcrowding, poor sanitation, and living in areas with high disease transmission.

10. Breaks in the skin or mucous membranes – Wounds, cuts, burns, or invasive medical procedures increase susceptibility.