

A susceptible host is a person or organism that can be easily infected by a disease-causing agent (such as bacteria, viruses, fungi, or parasites) because their body's defense system cannot resist or fight off the infection effectively.

Mode of Transmission

This means how disease-causing agents (pathogens) move from one source (infected person, animal, or environment) to a susceptible host.

There are two main types:

1. Direct Transmission

Pathogen passes immediately from an infected person to a susceptible host.

Examples Direct contact – touching, kissing, sexual intercourse (e.g., HIV, herpes).

Droplet spread – coughing, sneezing, talking (e.g., flu, COVID-19).

2. Indirect Transmission

Pathogen is carried by something else to reach the host.

Examples:

Airborne – tiny droplets or dust (e.g., tuberculosis, measles).

Vector-borne – insects like mosquitoes (e.g., malaria, dengue).

Vehicle-borne – contaminated food, water, or objects (e.g., cholera, typhoid).

Fomite transmission – through contaminated surfaces (e.g., doorknobs, utensils).

Control Measures for Susceptible Host

1. Immunization

Vaccinate individuals against preventable diseases (e.g., measles, tetanus, COVID-19).



2. Good Nutrition

Eat balanced meals to strengthen the immune system.

3. Personal Hygiene

Regular handwashing, bathing, and oral hygiene reduce risk of infection.

4. Healthy Lifestyles Adequate rest, exercise, and avoiding smoking or alcohol help maintain immunities. Use of Protective Equipment Use gloves, masks, or insect repellents when necessary (especially for healthcare workers).

