

A susceptible host is an individual (human, animal, or plant) who is vulnerable to infection or disease because they lack immunity to a particular pathogen or the immunity is low.

The chain of infection involves the susceptible host which is the final link i.e the person or organism that can become infected once the infectious agent reaches them. For example, if a person

who hasn't been vaccinated against measles is exposed to someone with the virus, they are a susceptible host and likely to become infected.

### Control Measures for a Susceptible Host

#### 1. Immunization

Vaccination protects individuals by stimulating the immune system to produce antibodies.

Examples:

Measles, mumps, and rubella (MMR) vaccine

COVID-19 vaccines.

#### 2. Good Nutrition

Proper diet strengthens the immune system.

#### 3. Chemoprophylaxis

The use of medications to prevent infection e.g

Antimalarial drugs for travelers.

#### **4. Personal Hygiene**

Regular handwashing

Safe food handling

Proper wound care

Use of personal protective equipment (PPE) where necessary (e.g., gloves, masks)

#### **5. Education and Awareness**

Teaching individuals about disease transmission and preventive behaviors.

Encourages early health-seeking behavior and compliance with medical advices

#### **6. Isolation and Quarantine (when applicable)**

Protects susceptible individuals by limiting their contact with infected persons.

#### **7. Improving Living and Working Conditions.**