

ADEYEMO GLORIA BUSAYO

EPIDEMIOLOGY AND DISEASES CONTROL

UNIVERSITY COLLEGE HOSPITAL IBADAN

COMMUNITY HEALTH OFFICER

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.

