

## **OLAOYE JUMOKE MARY -CHO-300LEVEL**

### **Write short on susceptible Host**

**Susceptible host** is the final link. It refers to any person or animal who can become infected ,when exposed to a disease-causing agent (pathogen). A host's susceptibility depends on several factors such as immunity, age, genetics, nutritional status, underlying diseases, and lifestyle.

For example, people with weak immune systems (like infants, the elderly, or those with chronic illnesses) are more likely to become infected when exposed to pathogens.

### **Control Measures for a Susceptible Host:**

1. Immunization: Vaccines help build immunity against specific infectious agents (e.g., measles, tetanus, polio).
2. Good Nutrition: Adequate nutrition boosts immune function and resistance to diseases.
3. Personal Hygiene: Regular handwashing, bathing, and proper food handling reduce exposure to pathogens.
4. Health Education: Teaching individuals about disease prevention, hygiene, and safe practices reduces infection risk.
5. Prompt Treatment of Illnesses: Early diagnosis and proper treatment prevent complications and reduce susceptibility.
6. Reducing Exposure: Using protective equipment (e.g., gloves, masks), practicing safe sex, and avoiding contact with infected individuals.
7. Improved Living Conditions: Ensuring clean water, good sanitation, and proper housing to prevent spread of infection.