

Susceptible host: it is an individual that is biologically vulnerable to infection due to its response to infectious agent making it more prone to succumb to diseases compared to host with different genetic variations

It is also a person who is at risk of getting infected or developing a disease because they lack immunity or have factors that make them vulnerable

Factors that make a person at risk

1. Lack of immunity
2. weakened immune system
3. age
4. underlying conditions
5. environmental/ behavioral factors
6. lifestyle

Control measures

1. Vaccination: immunize to build immunity
2. Hygiene practices: hand washing, food and water safety
3. Avoid exposure
4. use of personal protective equipment
5. boost immunity : nutrition, sleep, manage stress