NIMARO PATIENCE,B29011

Discuss the different ways you can use the 6 Fs to prevent the spread of diseases in your community using examples.

The 6Fs include fingers, faeces, food ,fluids, fields and flies. This essay will discuss how I can use the above to prevent spread of diseases in my community

By cutting fingernails short to destroy breeding places for germs.

Through boiling of water to kill germs .

Water can also be disinfected by adding chemicals such as chlorine which makes it safe for drinking reducing the spread of diseases such as cholera and dysentery.

Washing hands regularly using clean water and soap can also combat disease causing pathogens.

By handling and covering food to prevent easy contamination by the hairy bodies of insects such as houseflies.

Through maintaining proper sanitation through sanitizing of sensitive places such as toilets and latrines.

By preserving food through freezing or salting to prevent multiplication of bacteria.

Washing fruits and vegetables before storage.

Through preparing properly cooked meat to destroy breeding places for vectors such as worms.

By proper disposal of human wastes such as faeces in latrines or toilets to separate it from the environment.

Storing water safely in compartments such as jerry cans or tanks to reduce exposure to contamination.

Vaccination against infectious diseases such as cholera.

Through sanitization of hands using alcohol sanitizers and wipes to kill germs.

By proper and safe disposal of garbage to reduce breeding places for houseflies.

Keeping of raw and cooked foods separately to prevent them from contaminating each other.

By applying proper drainage and sewage systems such as piping to allow flow of wastes in safe places.

Reducing contact of hands with the mouth, nose and eyes which are entry points for germs.

Use of gloves to prevent contamination when handling and cooking food.

By use of insecticides to kill houseflies.