



Fact Sheet

Communicable disease – DON'T pass it on!

Feeling the spirit of holiday goodwill and good cheer – pass it on. Feeling a sore throat, headache and body aches – DON'T pass it on. Communicable diseases are spread from person-to-person by direct contact with the blood or body fluids of a sick person, contact with the droplets they cough or sneeze, or items and surfaces they contaminate.

While anyone can get a communicable disease, some people are at higher risk of getting sick and of having more severe illness, or even dying. Infants and young children, senior adults and pregnant women are at higher risk. People with weakened immune systems are also at higher risk, such as people on cancer therapies and people living with HIV/AIDS or chronic diseases.

The best way to protect against many communicable diseases is to get recommended immunizations and wash your hands frequently with soap and water. Washing hands helps to get rid of germs before they get into your nose, mouth or eyes and cause illness.

Immunizations, like a seasonal flu shot, can also protect against many communicable diseases. Adults and children should be current on all recommended vaccinations for protection from communicable diseases.

It is also wise to keep a distance of at least six feet from people who are sick. Tests show that respiratory droplets from a cough or sneeze can travel at least this distance, infecting people nearby.

Anyone who is sick should also stay home from work, school, child care or public gatherings. One way to protect the community from the spread of communicable disease is NOT to pass it on.

The Phelps/Maries County Health Department –
caring for your family, caring for our community, caring for YOU!



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