

# Common Knowledge of Spring Infectious Diseases

## 1. Basic knowledge

### 1). Chickenpox

Chickenpox is an infectious disease caused by the initial infection of varicella zoster virus, which is highly contagious. The source of infection is mainly the patient. It is infectious 2 days before and 6 days after the emergence of rash. The main route of transmission is saliva from respiratory tract, direct or indirect contact. People Infected may initially have fever, headache, body fatigue and other precursor symptoms, and have a rash within 24 hours of onset. The Rash distribution was concentric, which means usually located in the trunk, head, seldom in the limb's trunk. In most cases, the symptoms are mild and can be cured without treatment.

### 2). Mumps

The patient is contagious 6 to 7 days before and 9 days after the parotid gland swelling. People Infected may initially have fever, headache, body fatigue, poor appetite and other precursor symptoms. There may be zygomatic arch or ear pain 1 or 2 days after the onset, and then salivary gland enlargement, usually side or bilateral parotid gland enlargement visible.

### 3). Influenza

The source of infection is the infected patient, spreading mainly through air or spit in a crowded, closed environment, or through physical contact with the secretions of infected patients. People Infected may have fever, headache, muscle pain, body fatigue, rhinitis, sore throat and cough, and intestinal discomfort probably.

### 4). Measles

The source of infection is the infected patient, spreading mainly through direct physical contact with the nasopharyngeal secretions of infected patients. People Infected may initially have cough, runny nose, fever, red eyes and white spots in the mouth, and pimples on skin 3 to 7 days later which usually spread from the face to the body for 4 to 7 days or maybe up to a week, leaving brown scars or appearing desquamation. The respiratory system, digestive system or brain of patients seriously infected will be affected, leading to serious consequences, and even death.

### 5). Epidemic cerebrospinal meningitis

Epidemic cerebrospinal meningitis, meningitis for short, is a kind of suppurative meningitis caused by meningococcal. The source of infection is bacterial carriers and patients. The main transmission route is respiratory tract. The virus spreads directly through saliva in the air produced by cough and sneezing when speaking. Light meningitis is only manifested as "upper respiratory tract infection" and has sore throat, cough or mild fever and other symptoms. Typical meningitis is manifested as rapid fever, headache, vomiting, skin and mucous membrane petechia and neck stiffness and other meningeal irritation.

#### **6). Highly pathogenic human infectious avian influenza**

The source of the infection is mainly poultries and birds with avian influenza or bird flu. The main route of transmission is respiratory tract. The virus spreads directly through the air through the cough, sneezing and foaming produced when speaking. People are mainly infected by respiratory tract and may also be infected by exposure to infected poultry and their secretions, feces and contaminated water. But evidence of effective spread among humans has not yet been found. Early symptoms are very similar to those of common avian flu, mainly for high fever (mostly 38 degrees above), cough, sore throat, headache, general malaise and so on.

#### **2. Prevention methods**

1). Use a handkerchief or paper towel to cover the nose and mouth when sneezing or coughing in crowded places. Do not spit, or arbitrarily discard the towel used when you spit or wipe.

2). Wash your hands frequently, but do not wipe your hands with a dirty towel.

3). Hands should be washed or wiped immediately after contact with respiratory secretions (e.g. after sneezing).

4). Avoid sharing cups, cutlery, towels, toothbrushes and other items with other people.