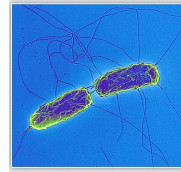
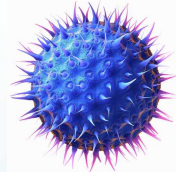


Food -or water-borne diseases - transmitted through GI tract 1.



Salmonella typhi



Calici virus

Pathogens

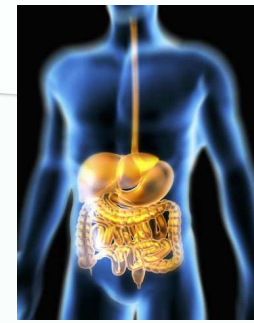
Bacteria: Salmonella, E.coli-infection, typhi/paratyphi, cholera etc.

Viruses: Calici-, Rotavirus infections, viral hepatitis (HepA és E), infantile paralysis (Poliomyelitis), stb.

Other: worms, protozoon-infections

Of those listed above, practically eradicated in Hungary: typhi/paratyphi, cholera, poliomyelitis (vaccination!)

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Food -or water-borne diseases - transmitted through GI tract 2.

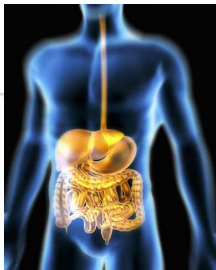
Pathogens generally locate in the bowels of the patient (or carrier) and leaves the host body during defecation!

Transmission

- ❖ by direct contact
 - dirty hand, contaminated objects (eg. toilet's door-handle)
- ❖ orally, transmitted by water, milk or other foods
 - eg. common transmitting foods in the case of Salmonella:
 - foods containing eggs, milk
 - not properly cooked/roasted meats
 - unwashed vegetables
- ❖ flies may also transmit them (eg. typhi)



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Food -or water-borne diseases - transmitted through GI tract 3.

Prevention

Follow some simple personal, catering and environmental hygienic rules!

- vaccinations (eg. in Hungary vaccination against Polio is obligatory!)
- **frequent thorough hand-wash:** especially after using the toilet and before eating
- using the toilets properly: flushing after using, keeping the toilets clean
- storing perishable food in the fridge (eggs, milk, meats)
- not consuming preserved foods
- consuming meats thoroughly cooked, roasted
- drinking only clean water

In Hungary tap water is of reliable quality!

- keeping personal equipment (eg. cutlery) clean
- separating infectious patients, disinfecting
- protection against flies and other disease-spreading insects
- getting health information, improving health literacy

