



Measles

Microbe	Virus: <i>Paramyxovirus</i>
Symptoms	Fever, runny nose, red and runny eyes, a cough, a red rash and a sore, swollen throat.
Transmission	Spread in coughs and sneezes. Skin contact. Touching objects with the live virus on them.
Prevention	Vaccination. Hand washing.
Treatment	Bed rest and fluid intake.

Flu

Microbe	Virus: <i>Influenza</i>
Symptoms	Headache, fever, chills, muscle aches; possibly sore throat, cough, chest pain.
Transmission	Spread in coughs and sneezes. Breathing in virus in the air. Direct skin contact.
Prevention	Vaccination against current strains.
Treatment	Bed rest and fluid intake. Antivirals in the elderly.

Thrush

Microbe	Fungus: <i>Candida albicans</i>
Symptoms	Itching. Burning. Soreness. White coating in the mouth or irritation of the vagina with a whitish discharge.
Transmission	Person to person contact.
Prevention	The fungus that causes symptoms can grow better when our natural bacteria are killed off. Therefore, avoid unnecessary antibiotic use.
Treatment	Antifungals





Chlamydia

Microbe	Bacterium: <i>Chlamydia trachomatis</i>
Symptoms	In many cases there are no symptoms but sometimes there is a discharge from the vagina or penis. Swollen testicles. Inability to have children can also occur.
Transmission	Sexual contact.
Prevention	Use a condom during sexual intercourse.
Treatment	Antibiotics

Chickenpox

Microbe	Virus: <i>Varicella-zoster</i>
Symptoms	Blistering rash on the body and head.
Transmission	Direct skin contact. Spread in coughs and sneezes. Breathing in virus in the air.
Prevention	Prevention by vaccine. Handwashing.
Treatment	Bed rest and fluid intake, antivirals in some adult cases.

