

COMMON INFECTIOUS DISEASES

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Abstract: *Infectious diseases are illnesses caused by microorganisms such as bacteria, viruses, fungi, or parasites that can spread directly or indirectly from one person to another. Common infectious diseases include influenza, tuberculosis, malaria, COVID-19, and hepatitis. These diseases remain one of the major public health problems worldwide, especially in developing countries. Prevention measures such as vaccination, good hygiene, and proper sanitation are essential to control the spread of infections. Understanding the causes, symptoms, and treatment methods of common infectious diseases helps to reduce their impact on human health and improve overall quality of life.*

Keywords: *Infectious diseases, Epidemics, Plague, Cholera, Influenza, Public health, Antibiotic-resistant bacteria, Viruses, Disease transmission, Prevention methods, Common cold, Viral infections, Bacterial infections*

Introduction:

Infectious diseases have always been one of the greatest challenges to human health and survival. Throughout history, epidemics such as the plague, cholera, and influenza have taken millions of lives and shaped the development of medicine and public health. Today, despite scientific progress and advanced healthcare systems, infectious diseases continue to affect millions of people worldwide. New viruses and antibiotic-resistant bacteria make the problem even more serious. Understanding how infectious diseases spread, what causes them, and how they can be prevented is essential for maintaining a healthy society. This article discusses the most common infectious diseases, their symptoms, ways of transmission, and effective prevention methods.

Common infectious diseases include viral infections like the common cold, flu, and COVID-19; bacterial infections such as strep throat and tuberculosis; and parasitic and fungal infections like malaria and ringworm. These illnesses are caused by pathogens and can spread through various means, such as direct contact, respiratory droplets, contaminated food or water, and insect or animal bites

| Infectious diseases to be considered for differential diagnosis among displaced people <small>In addition to the more common causes for clinical presentations</small> | |  | |
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| Clinical presentation | | Differential diagnosis to consider | |
| Fever  | | COVID-19 Typhoid fever Malaria Louse-borne diseases Visceral leishmaniasis Arbovirus infections (seasonal) | |
| Respiratory symptoms  | | COVID-19 Tuberculosis Influenza | |
| Gastrointestinal symptoms  | | COVID-19 Cholera Typhoid fever Shigellosis Amoebic colitis Helminthiasis: ascaris, whipworm, hookworm | |
| Sores  | | Scabies Cutaneous leishmaniasis Cutaneous diphtheria | |
| Skin rash  | | Measles Rubella Louse-borne diseases Scabies | |

Common Cold

The common cold is an infection of your nose, sinuses, throat and windpipe. Colds spread easily, especially within homes, classrooms and workplaces. More than 200 different viruses can cause colds. There’s no cure for a common cold, but it usually goes away within a week to 10 days. If you don’t feel better in 10 days, see a healthcare provider.

Most people recover from a common cold in 7 to 10 days. Symptoms might last longer in people who smoke. Most often, you don’t need medical care for a common cold. If symptoms don’t get better or if they get worse, see your health care provider.

Illnesses of the nose and throat caused by germs are called upper respiratory tract infections.

Overview

Flu, also called influenza, is an infection of the nose, throat and lungs, which are part of the respiratory system. The flu is caused by a virus. Influenza viruses are different from the “stomach flu” viruses that cause diarrhea and vomiting.

Ringworm on an arm

Ringworm often causes a ring-shaped rash that is itchy, scaly and slightly raised. The rings usually start small and then expand outward.

Ringworm of the body is related to athlete’s foot (tinea pedis), jock itch (tinea cruris) and ringworm of the scalp (tinea capitis). Ringworm often spreads by direct skin -to-skin contact with an infected person or animal.

Mild ringworm often responds to antifungal medications applied to the skin. For more-severe infections, you may need to take antifungal pills for several weeks.

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