Preventing Infectious Diseases Among WPI Students
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Goal:
To educate the WPI community on the transmission of infectious diseases and how to avoid them both on campus and off campus, especially in IQP/MQP project centers.

Direct Contact
A disease that is transmitted between an infected person and an uninfected person through touching.

Examples:
- Whooping Cough (Pertussis): a bacterial disease
  - Symptoms: runny nose, mild fever, sneezing, watery red eyes, exhaustion, severe coughing
  - Treatment: antibiotics
  - Prevention: vaccine

- Mononucleosis: a viral illness that causes fatigue
  - Symptoms: swollen glands & tonsils, fever, sore throat, weakness
  - Treatment: throat lozenges, bed rest, Tylenol™
  - Prevention: don’t share items, wash hands often

- Swine Flu (H1N1): influenza caused by a virus related to a virus isolated from infected swine
  - Symptoms: fever, cough, sore throat, stuffy nose
  - Treatment: medicine to treat the symptoms
  - Prevention: vaccine, sanitize surfaces, stay away from infected people, wash hands often

Indirect Contact
A disease that is transmitted through contact with surfaces that is contaminated by an infected person.

Examples:
- Severe acute respiratory syndrome (SARS): an infectious respiratory illness
  - Symptoms: fever, cough, muscle aches, chills
  - Treatment: medicine to treat the symptoms
  - Prevention: avoid contact with the symptoms

- Hepatitis A: inflammation of the liver
  - Symptoms: vomiting, jaundice, liver pain, diarrhea, dark brown urine
  - Treatment: medicine to treat the symptoms
  - Prevention: vaccine, wash hands often, eat food that is cooked thoroughly

Body Fluids
A disease that is transmitted through the waste, blood, or saliva and acquired through its ingestion.

Examples:
- Cholera: an acute intestinal infection
  - Symptoms: vomiting, watery stool, dehydration
  - Treatment: water and rehydration solutions

- Yellow Fever: a viral infection transmitted by mosquitoes
  - Symptoms: fever, headache, seizures, delirium, jaundice, vomiting blood
  - Treatment: medicine to treat the symptoms

Vector-Borne
A disease that is transmitted to humans by another organism like an insect or mammal.

Examples:
- Malaria: a disease caused by a parasite transmitted from the bite of mosquitoes
  - Symptoms: chills, high fever, sweating
  - Treatment: antiparasitic drugs
  - Prevention: long clothes, bug repellant, bed nets

General Ways of Prevention:
- Wash hands often and use hand sanitizer with at least 60% alcohol
- Wear long clothing and bug repellants
- Don’t share items
- Make sure foods are thoroughly cooked and water boiled
- Stay away from sick people (3 – 6 feet)
- Maintain proper hygiene
- Immunization

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