

Infectious & Noninfectious Diseases

Infectious Diseases

- Caused by germs—bacteria, viruses, parasites, fungi.
- Can be passed from person to person.
- Can be passed by direct contact with an infected person or from touching things an infected person has touched that have germs on them.
- Some can be passed through the air when an infected person coughs or sneezes.
- Examples: cold, flu, chicken pox, hepatitis and athlete's foot.

Noninfectious Diseases

- Develop inside a person's body.
- Can't be "caught" or passed to other people.
- Heredity, or the genes from their families that people are born with, can play a part.
- Can be influenced by personal health choices people make, such as what they eat, how much activity they do, how much sleep they get and how they deal with stress.
- Can also come from things in the environment, or around a person, such as pollution, smoke, poisons, noise or harmful sun rays.
- Examples: heart disease, diabetes, cancer and lung disease.