

The Dirty Dozen



Twelve common infectious diseases preventable by effective handwashing:

- ☞ **Campylobacteriosis-** is the name of the illness caused by the bacterium Campylobacter. Campylobacter infection is the one of the most common causes of diarrheal illness in the United States. It's estimated to affect 2 to 4 million people per year, with one in 1,000 of those cases resulting in death.
- ☞ **Cold Sores-** Herpes simplex virus type 1 usually causes cold sores. You get cold sores from another person who has an active lesion. Shared eating utensils, razors and towels may spread this infection.
- ☞ **Common Cold-** A cold virus enters your body through your mouth or nose, but it's likely you also had a "hand" in your own illness. But it also spreads by hand-to-hand contact with someone who has a cold or by using shared objects, such as utensils, towels, toys or telephones. Touch your eyes, nose or mouth after such contact or exposure, and you're likely to "catch" a cold.
- ☞ **Conjunctivitis (Pink-eye)-** Most cases of pink eye are caused by viruses. In newborns, pink eye may result from an incompletely opened tear duct.
- ☞ **Cryptosporidiosis-** is an infection of the intestine which results in severe diarrhea.
- ☞ **Enterobiasis (Pinworm Infection)-** are the most common worm infection in the United States, primarily affecting school-age children. Pinworm eggs are spread directly from person to person or by touching bedding, food, or other items contaminated with the eggs.
- ☞ **E.coli 0157:H7-** are bacteria that normally live in the intestines of humans and animals. Although most strains of this bacteria are harmless, several are known to produce toxins that can cause diarrhea. One particular E. coli strain called 0157:H7 can cause severe diarrhea and kidney damage.
- ☞ **Giardiasis-** The parasites live and reproduce in human or animal intestines. Once in the intestines, they attach to the inside of the intestinal wall, where they can disrupt the normal function of the intestines and compete for important nutrients.
- ☞ **Hepatitis A Virus-** is found in the stool (feces) of a person who has hepatitis A. The virus is spread most commonly when people put food or objects contaminated with stool containing HAV into their mouths.
- ☞ **Impetigo-** bacteria can live harmlessly on your skin until they enter through a cut or other wound and cause an infection.
- ☞ **Salmonellosis-** are usually transmitted to humans by eating foods contaminated with animal feces. Symptoms usually begin within 12 to 72 hours after exposure, but begin up to a week after exposure.
- ☞ **Shigellosis-** is characterized by the frequent and painful passage of stools that consist largely of blood, mucus and pus, accompanied by fever and stomach cramps.