

Ways to Prevent Disease

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Welcome ladies and gentlemen at this year's health fair with Stronger Memorial Hospital! Our aim with this presentation is to give you with information about preventable diseases and methods to help you on your journey to wellness.

INTRODUCTION

Non communicable diseases (NCD,s) is not circulated or spread from human to human. Adding to that it remains for prolonged length of time. Well-known as a chronic health condition. Kinds of noncommunicable diseases comprises cardiovascular disease, cancer, chronic respiratory disease, and diabetes.

- Communicable diseases are contagious diseases are frequently spread as a result of direct contact. Kinds of direct contact involve Person-to-person contact, Droplet spread, airborne transmission, contaminated objects, food and drinking water, animal to human contact, insects bite, environmental reservoirs (Erica Cirino, 2018).

