

Title of the practice: Awareness on Cholera ~~Vaccine~~.
Objective: It is an opportunity to know and learn about the disease and prevent it in the students houses.

Introduction:

- Cholera is also called as blue death.
- A bacterial infection causing severe diarrhea and dehydration that usually spreads through water.

Cholera is fatal if not treated right away.

Specialty: Infectious disease

Symptoms: Large amounts of watery diarrhea, vomiting, muscle cramps.

Complications: Dehydration, electrolyte imbalance.

Usual onset: 2 hours to 5 days after exposure.

Duration: A few days

Causes: Vibrio Cholerae spread by fecal-oral route

Risk factors: Poor sanitation, not enough clean drinking water, poverty

Diagnostic method: Stool test

Prevention: Improved sanitation, clean water, hand washing, cholera vaccines.

Treatment: Oral rehydration therapy, zinc supplementation, intravenous fluids, antibiotics.

Recommendations to prevent getting sick:

- Drink only boiled, bottled or chemically treated water and bottled or canned beverages.
- When using bottled drinks, make sure the seal has not been broken.
- Carbonated water may be safer than non-carbonated water.
- Avoid tap water, fountain drinks and ice cubes.

To disinfect your own water.

- Boil for 1 minute, filter it and add either $\frac{1}{2}$ an iodine tablet or 2 drops of household bleach per liter / quart of water.
- Use commercial water chlorination tablets.
- Wash your hands often with soap and clean water before you eat or prepare food.
- If no water and soap are available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- ~~Use~~ Eat foods that are packaged or that are freshly cooked and served hot.
- Dispose of feces in a sanitary manner to prevent contamination of water and food sources.



Title of the practice: Awareness on Ebola Disease.

Objectives: To know how a disease has effected a whole population and its causes, treatment, effects.

Introduction:

Ebola disease is caused by an infection with one of a group of viruses known as ebolaviruses, that are found primarily in sub-Saharan Africa. Although Ebola disease is rare, people can get the disease through contact with an infected animal (bat or nonhuman primate) or a sick or dead person infected with an ebolavirus.

Transmission:

Scientists think people are initially infected with an ebolavirus through contact with an infected animal, such as a fruit bat. This is called a spillover event. After that, the virus spreads from person to person potentially affecting many people. It spread through contact such as through broken skin or mucous membranes in the eyes, nose or mouth.

- Blood or blood fluids
- clothes, bedding, needles, medical equipment

Signs and Symptoms

Symptoms may appear anywhere from 2 to 21 days after contact with an ebolavirus, with an average of 8 to 10 days.

Symptoms include Fever, Aches and pains (headache and muscle-joint pains), weakness and fatigue, sore throat, loss of appetite, abdominal pain, diarrhea and vomiting, Unexplained hemorrhaging, bleeding or bruising, red eyes, skin rash and hiccups.

Treatment: Therapeutics:

The 2 treatments approved by U.S Food and Drug Administration to treat EVD caused by the Ebola virus, in adults and children are

1. Combination of 3 monoclonal antibodies
2. single monoclonal antibody approved in December 2020.

Monoclonal antibodies are proteins produced in a lab or other manufacturing facility that act like natural antibodies to stop a germ such as a virus from replicating after it has infected a person. These particular mAbs bind to a portion of Ebola virus's surface called the glycoprotein, which prevents the virus from entering a person's cells.

