

H.W
21/6/21

Difference Between Communicable and Non-communicable Diseases

Communicable Diseases

- They can spread from one person to another.
- They are caused by many types of germs.
- Prevention can be done by disinfecting houses, articles used by a person, covering trash bags, purify a lot of water and then to be supplied etc.

Examples > Chickenpox,
Cholera, Polio, Malaria
etc.

Non - Communicable Disease

-) They don't spread from one person to another.
-) They are caused by either nutrient deficiency or unbalanced diet.
-) Prevention can be done by sufficient vitamins and minerals and proper, well maintained healthy life style.

Examples -> Night Blindness
• BeriBeri • Diabetes
• Cancer etc.