

## Analysis of Zoonosis via Infectious Diseases and Prevention

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### Editorial

Common causes of zoonosis through food-borne include: Unpasteurized milk, under-cooked meat or eggs, raw fruit and vegetables contaminated with faeces from an infected animal and Other causes

Global climate change, the overuse of anti-microbial in medicine, and more intensified farm settings are also thought to influence the increasing rate Trusted Source of zoonotic diseases [1].

People with a weakened immune system are also at greater risk Trusted Source. Common causes of immune-suppression include: pregnancy, infancy, cancer treatment, organ transplant, diabetes, alcoholism, infectious diseases, such as AIDS.

Zoonotic diseases are common everywhere in the world. However, the United States and other countries work constantly to reduce the number of illnesses caused by animals and insects. One way they do this is through creating food safety regulations [2]. These regulations reduce the chances of getting a zoonotic disease from something you eat in a developed country.

Pregnant women can also transmit infectious diseases to their unborn children via the placenta. The spray of droplets during coughing and sneezing can spread an infectious disease. You can even infect another person through droplets created when you speak. Since droplets fall to the ground within a few feet, this type of transmission requires close proximity. Some infectious agents can travel long distances and remain suspended in the air for an extended period of time [3]. Infectious diseases can be transmitted via contaminated food and water. Some infectious diseases can be transmitted from an animal to a person. This can happen when an infected animal bites or scratches you or when you handle animal waste. Animal-to-animal disease transmission can sometimes transfer to humans. Soil, water, and vegetation containing infectious organisms can also be transferred to people. Hookworm, for example, is transmitted through contaminated soil. Zoonosis occurs when diseases are transferred from animals to people. The insects become infected when they feed on infected hosts, such as birds, animals, and humans. Some zoonotic infectious agents

are transmitted by insects, especially those that suck blood. These include mosquito's, fleas, and ticks.

There are also ways to help prevent getting a zoonotic disease [4]. These include the following:

Wash your hands diligently, Use insect repellent or other methods to keep mosquito's, fleas, and ticks away, Practice safe food handling. This includes washing off all produce before eating it, Avoid being bitten or scratched by an animal, Have your pets vaccinated and take them for regular annual visits to the veterinarian, Talk to your veterinarian about appropriate flea and tick preventatives for your pets, Check for ticks when you've been outside, Don't eat, drink, or touch your eyes or mouth while you're handling or in close contact with animals, Use gloves if you need to handle an animal that is or appears to be sick, Keep any areas where animals are kept clean and sanitary, Be aware of areas where animals or insects might be when you're out in nature, especially when you participate in activities like hunting and camping and Don't handle or approach any animal in the wild that appears sick. Be sure to contact animal control or the local government to have the sick animal removed [5].

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### Conflict of interest

None

### References

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