

Communicable and Non-Communicable Diseases



Diseases are referred to as communicable or non-communicable. Communicable diseases means infectious diseases such as tuberculosis and measles, while non-communicable diseases are mostly chronic diseases such as cardiovascular diseases, cancers, and diabetes.

Diseases which can easily spread from the sick to healthy person are known as communicable diseases.

- ➡ A. Microbes of these diseases can be transmitted through air or water.
- B. Micro-organisms like bacteria, virus and protozoan are responsible for these types of diseases.
- C. When the infected or diseased person sneezes, spits or coughs, the microbes are released in the air and infect the other person, who comes in contact.



Types of Communicable Diseases

Following are the main types of communicable diseases.

- ➡ A. **Communicable Bacterial diseases:**
Plague, tuberculosis, typhoid and pneumonia.
- B. **Protozoan diseases:**
Malaria and amoebic dysentery.
- C. **Viral diseases:**
Polio, chicken pox, measles and common cold.



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These pathogens can be transmitted through:



- A. Direct contact
- B. Infected food and water
- C. Air we breathe
- D. Insects
- E. Carriers like rodents, Mosquitoes etc.



Non-communicable diseases do not transfer from one person to another. Examples are Diabetes, Hypertension, Beri-Beri, Goitre etc.

