

Disease Transmission

Communicable Diseases can be spread in the following ways:

- coughing or sneezing on another person
- touching an infected individual, including sexual contact
- touching a contaminated surface
- breathing in contaminated air
- ingesting germs from contaminated food or water sources.

Always cover your cough and sneeze!

Always wash your hands after using the restroom AND before eating!

Always use a condom!

Ask your doctor if you have been screened!

Local Resources:

Central Shenandoah Health District
Please call your local health department for testing hours and appointments.

Staunton-Augusta Health Department
1414 N. Augusta St.
Staunton, VA 24402
(540) 332-7830

Waynesboro-Augusta Health Department
211 W. 12th St.
Waynesboro, VA 22980
(540) 949-0137

Highland County Health Department
140 Fleisher Ave.
Monterey, VA 24465
(540) 468-2270

The information presented here was gathered from the Centers for Disease Control and Prevention. For more information, please visit:

www.cdc.gov

It's Your Health!

Take control!



YOU CAN GET HIV VIA...



Sex without a condom



Passed from mother to baby



Sharing injecting equipment



Contaminated blood transfusions & organ transplants

HIV/AIDS

HIV stands for human immunodeficiency virus. HIV/AIDS attacks the body's immune system which makes it more likely to get other infections or infection-related cancers.

What can you do?

- Wear a condom every time you have sex.
- Reduce your number of sexual partners.
- Talk to your doctor about medications that can help to prevent HIV infection.
- Do not share injection drug needles with other people
- Reduce your risky behaviors by limiting drug and alcohol use.
- Get tested!

Tuberculosis

What is TB?

TB is short for tuberculosis. TB is a serious disease that usually affects the lungs and can cause a person to become very sick if not treated with medicine.

How is TB spread?

TB is spread through the air from one person to another.

Signs of TB disease:

- Bad cough that lasts longer than 3 weeks
- Chest pain
- Coughing up blood or phlegm
- Weakness or feeling very tired
- Losing weight without trying
- Having no appetite
- Chills and fever
- Sweating at night or when you are sleeping

What can you do?

Get tested!

STI's

STI's are sexually transmitted infections that are passed from one person to another through intimate physical contact – such as heavy petting- and from sexual activity including vaginal, oral, and anal sex.

STI testing is available at your local health department. Please call for hours.

Needle Sharing

Needle sharing is one of the most dangerous drug related practices and can result in many harmful diseases. If you use drugs intravenously, do not share needles or syringes. Sharing water to clean equipment, reusing containers, and filters also increase your risk of disease transmission.