

Diseases and immunity

Pathogens and transmission

Pathogen

Disease-causing organism

Transmissible disease

Passed between hosts

Direct contact

Blood Body fluids

Indirect routes

Surfaces Food Animals Air

Body defences

Skin Nose hairs and mucus Stomach acid White blood cells

Controlling spread **Supplement**

Clean water Food hygiene Personal hygiene Waste and sewage

Immunity **Supplement**

Active immunity **Supplement**

Own antibodies Infection Vaccination