



**PREVENTION OF INFECTIOUS DISEASES OF A WIDE ORDER AMONG THE
POPULATION AND ROLE OF A HEALTHY LIFESTYLE**

Xasanova Shoiraxon Abdujabborovna

Andijan State Medical Institute

Senior Lecturer at the Department of Social Hygiene and Health Management

Kodirov Sherzodbek Xusanboy o'gli

Andijan State Medical Institute 427-Group Student Of The Faculty of Treatment

Abstract

Profilactics, pathogenic microorganism, preventive and epidemic, COVID-19, buster dose, geographical environment, diarrhea, infections

Keywords; AKDS, national calendar, tetanus, polio, measles.

Infectious diseases-the human being of pathogenic microorganisms increased penetration into the body, resulting in harmful effects it is diseases that come. Burden disease any person can have a negative effect on the body. A high level of the human immune system is of great importance for the fight against the pathogenic microorganism. In our country, on the basis of the national calendar, vaccination against 13 types of infectious diseases is carried out. As a result of the targeted implementation of complex preventive and anti-epidemic measures all over the world, and including in the Republic of Uzbekistan, great successes have been achieved in the fight against infectious diseases. In maternity complexes with the birth of a child, the vaccination of the baby for Infectious Diseases is taken under control. On the first day of the birth of the baby, a vaccination with a vaccine for viral hepatitis "V" is carried out, and on the 2-5 day with a BSJ vaccine for tuberculosis. Thus, the full vaccination of the child by medical workers is ensured on the basis of the national calendar. Of particular importance in the fight against COVID-19, the role of vaccines against COVID-19 in stabilizing the epidemic situation in our country. To date, the recorded weight loss of this disease has sharply decreased. The importance of vaccination against COVID-19 as well as buster dose vaccination studies is great in achieving this result. In short, vaccination not only reduces the likelihood of contracting infectious diseases, but also serves to extend human life by preventing epidemics, pandemics among the population. Vaccination protects people from many dangerous diseases. If medical personnel do not carry out vaccination work in your village, take your children to nearby medical institutions for vaccination. It is preferable that you vaccinate your children while they are healthy, vaccinating them when they are in pain or have severe pain. Vaccinations are usually made free of charge. (Different states operate on a different schedule.) The most important medication for children (vaccines) are: Vaccination against AKDS, choking, whooping cough and tetanus. For full protection against the disease,



children need to be vaccinated 3 times. Children are usually vaccinated for the first time at 2 months of age, for the second time at 3 months of age and for the third time at 4 months of age. Polio (children's paralyzed disease). It is necessary to drip a drop into the baby's mouth every month for 3 months from birth (this is usually given with an injection of AKDS). It is better if the baby is not breastfed for 2 hours before and after instillation BSI, tuberculosis vaccine. The right shoulder is injected. Children can be vaccinated at any time after birth. If any of the family members suffer from pulmonary tuberculosis, it is very important to vaccinate the child early. The vaccine forms a wound and leaves a scar in its place. We are hot. Depending on the geographical environment (in which country they live), children are vaccinated against measles after they are at least 9-15 months old, only by doing one injection.

Qagshol. Vaccination against tetanus is very important for adults and children aged 12 years. The first vaccination is carried out every month for 3 months, the second after a year, and after that once every 10 years. Everyone needs to be vaccinated against tetanus. A pregnant woman should be vaccinated during pregnancy so that her baby is protected from tetanus at newborn times.

In Uzbekistan, the state sanitary and epidemiological surveillance service introduces sanitary and preventive and anti-epidemic tasks of each medical institution, treatment and prophylactic facility into its plan activities, and carries out control over the implementation of hyena measures. The sanitary and epidemiological service is a complex system of the state and society and includes sanitary and health measures. These events will be based on the achievements of Science and advanced experience. The concept of "sanitary and epidemiological" in itself covers:

1. State Sanitary and hygienic health and anti-epidemic measures.
2. State Sanitary and epidemiological Center, sanitary organizations of the industry, sanitary and preventive institutions, their activities.
3. Scientific research work on infectious diseases, microbiology, epidemiology, hygiene.

True causes of infectious diseases L in the 2nd half of the 19th century. Pasteur, R. Kax, I. I. Mechnikov and B. proved by the work of scientists. Some diseases (cholera, constipation, paratyphoid, dysentery, etc.) intestinal infections) are transmitted through the digestive tract (through the unwashed hand that the patients' feces have been exposed to water and food or these fecal particles). Diseases (dropsy infections) caused by tiny particles of mucus that come out when the patient coughs, mows, speaks, enters the respiratory tract with air to flu, pertussis, mumps, diphtheria, measles, etc. enters. Some diseases, which suck insects (lice, mosquitoes, fleas, mites, iskabtopar etc.). k. is transmitted through (malaria, rash perspiration, reversible perspiration, mite and mosquito-borne encephalitis, iskabtopar fever, etc.). When walking close to the patient or his towel, dishcloth, etc. diseases that are transmitted when using their items (venereal diseases, anthrax, bald wound, etc.)) forms a separate group. Infectious diseases can occur for several days (flu, measles, iskabtopar fever) or several weeks (constipation, rash sweating, etc.) can last or stretch for months and even years (tuberculosis, leprosy, zahm). The origin of infectious diseases depends on the number of pathogenic microbes that have entered the body, tapping, the place of entry, the age of the person, the



predisposition to infection, as well as on the conditions of the external environment around the germ (under unfavorable conditions, the virulence of the microbe decreases). Social conditions (housing, eating style, cultural level, medical care) play a decisive role in the emergence and transition of infectious diseases. Depending on the interaction of these conditions, there are different types of Infectious Diseases (typical — True, mild, etc.) forms are manifested. The incubation period, the period of occurrence and increase in the symptoms of the disease, the period of exacerbation of the disease, the period of fading of the disease and the healing period are distinguished in the course of infectious diseases. Each of the infectious diseases has its own nuances of these periods. Some infectious diseases, such as constipation, are retained in the body, where the microbiome hurts, and go out into the surrounding environment. After many infectious diseases, immunity remains. For example, clinical signs of the disease in the detection of Infectious Diseases, lip.at verification results and epidemiological data are taken as a basis. Patients are treated in specially equipped infectious hospitals. Preventive measures play a decisive role in the fight against infectious diseases.

SOCIAL CLEANLINESS (SANITATION) 1. Keep water pools and Wells clean. Do not allow animals to approach the vicinity of places where drinking water is taken. Keep the animals in a separate place surrounded as much as possible. Do not litter near water bodies and do not go to the toilet. Pay special attention to the cleanliness of lakes, rivers, ponds and places where drinking water is taken.

2. Burn the litters. And bury those that do not burn in places where people do not drink water, and away from apartments, in a separate pit.

3. Build toilets (dumps) in a separate place outside the house so that the animals do not come close to people's litter. In this, pits dug deeper are convenient, they help to keep garbage from passing and do not breed flies.

DISEASES OF ACUTE DIARRHEA AND THEIR PREVENTION

On hot days of the year, SHARP infectious intestinal diseases are common among the population, especially among children. Acute infectious intestinal diseases include abdominal typhus, paratyphoids, salmonellosis, diarrhea, Type "A" of viral hepatitis, cholera and a number of other SHARP infectious diseases. In peasant markets, on the streets, the consumption of cool drinks, juices, buttermilk and other drinks, the quality of which is not guaranteed, prepared without it, can also be the reason for the recording of acute infectious intestinal diseases.

It is worth noting that the preservation of health depends on the service of 10 – 15 percent of medical workers, while 60 percent depends on the daily healthy lifestyle. In the Prevention of acute infectious intestinal diseases, the Prevention of pollution of the external environment, in particular open bodies of water, careful adherence to the rules of personal hygiene, the absorption of quality water and food – is a guarantee of the Prevention of acute infectious intestinal diseases, after all, its prevention than the treatment of the disease has a thousand advantages! The importance of treatment and preventive institutions (DPM) providing medical care to the population is significant in preventing epidemic outbreaks of infectious diseases. Because despite the fact that the supply and material and technical base of the DPM with



modern equipment is improved, the transmission of infectious diseases through the DPM is still recorded. A disease transmitted to a client who has not contracted an infectious disease or has no symptoms of an infectious disease at all during a hospital or other referral to a DPM is known as "intra-hospital infection" or "Nosocomial Infection".

In the Prevention of intra-hospital infections, it is important to timely identify the source of the disease among hospitalized patients and for this to fully collect an epidemiological Anamnesis from them, carry out disinfection, sterilization and full compliance with anti-epidemic rules in treatment and preventive institutions, systematically increase the level of knowledge of medical personnel for the Prevention of intra-hospital infections Based on these circumstances, increasing medical literacy, any innovations in medicine, articles, brochures, various video rollers, advertising, documentary films, strengthening propaganda in school, kindergarten institutions, open dialogues about diseases, open lessons, practical training are effective ways to prevent infectious, parasitic and nosocomial infections among healthy generations, citizens growing through tactical training.

REFERENCES;

- 1.Mamatkulov/2013/adabiyot 2.Yurev.V.K b3.Sadiqova JS. /kafedralar/jamoat-salomatligi-va-sog'liqni-saqlashni-boshqarish/B.Mamatkulov //Tibbiyot statistikasi (biostatistikasi) asoslari. Toshkent. 2005 y. 2.B.Mamatkulov // Jamoat salomatligi va sog'liqni saqlashni boshqarish, "ILM ZIYO" Toshkent. 2013