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The book “Disease Preventions” talks about how diseases spread outwards to the public by personal hygiene, heredity and the environment from the medical point of views. For example, personal hygiene, illnesses like flu can spread out from one person to another one. When people cough or sneeze, some droplets may leave on the object’s surface. If we touch these surfaces, then we touch our nose, mouth or eyes, we may be infected.

Besides, this book introduces lots of information about diseases. Let me take “influenza” as an example. Influenza is also called “the flu”. It is usually caused by birds and mammals. People are usually infected because they are in contact with birds and mammals. It is popular during the autumn and winter. The most common symptoms include fever, runny nose, coughing, headache, chills, muscle pains, weakness and sore throat. People who are infected may even die.

Influenza can cause serious problems to society. During 1968 to 1969, there are extensive outbreaks of flu pandemic in Hong Kong. An estimated of five hundred thousand of Hong Kong residents were infected (that is fifteen percent of the population at that time). In the world, more than 0.75 million of humans died because of this dangerous disease.

Luckily, nowadays Hong Kong has got advanced medical technology in the hospital. The equipment used to diagnose, monitor or treat diseases or medical conditions affecting humans are now very modern and effective. Because of the improved medical science, patients can get appropriate medical treatments immediately.

To reduce the impacts of getting infected by influenza, we need to strengthen our bodies. In addition, influenza vaccines are recommended by the World Health Organization to stay away from influenza, especially for children and the elderly.

I think good personal hygiene is very important for us to stay away from diseases. We need to avoid our respiratory illnesses from spreading to others. When we cough or sneeze, we should always cover our mouth or nose with tissues. Wash our hands often with soap and water. Do not share our food and drink with others.

Sometimes, we may be affected by foodborne illnesses. Therefore, we should eat foods that are fully cooked and served hot to ensure the safety of food. Eat and drink dairy products that have been pasteurized. Also, we should not eat food from street vendors.

So, we need to care more about our health. As we all know, germs will pass around every place in the public. Therefore, diseases are everywhere in our daily life.

I think this book is very suitable for everyone because it introduces the things about diseases in detail. This book is useful, because the bacteria nowadays are getting stronger and much more powerful than before. For example, the Ebola virus around the world snatches away a lot of human lives. The scientists are struggling for inventing new vaccines to fight against the Ebola virus.

We should always keep our personal hygiene well. The most important thing is do not let the viruses invade our bodies. Unfortunately, if we feel sick or uncomfortable, do not go to school or work because we may affect others. We should stay at home for rest and go to the doctor as soon as possible. I have got some suggestions that can help everyone to stay away from diseases, including reducing stress, relaxing our bodies, eating more nutritious food and doing more exercise. These are the important actions to do about disease prevention so that we can protect ourselves in our daily life.