**1.** Considering the research made during the last couple of lessons, describe the main risk factors associated with diseases spread by air, such as Covid-19, on the table below. Likewise, touch on a few measures which you consider important, both at an individual or at a community level, to improve public health, relating to the spread of respiratory diseases. On table 2, you should present arguments which justify the answers given on table 1.

|  |  |
| --- | --- |
| **Risk Factors** | **Prevention Measures** |
|  |  |

**Table 1: Risk Factors Associated with Respiratory Diseases and Possible Prevention Measures**

|  |
| --- |
| **Arguments to Justify the Options** |
|  |

**Table 2: Arguments to Justify the Options**

**To Learn More…**

If you would like to explore further about this class theme, on the Keywords Table there are several links available, with additional information, related to each keyword. To access this information, click on the corresponding link on the section “References”.

**Keywords Table**

|  |  |
| --- | --- |
| **Keywords** | **Reference Number** |
| Spread of Respiratory Droplets | **[1]** |
| Diseases which Spread through the air | **[2] [3]** |
| Measures to Prevent the Spread of Airborne Diseases | **[2] [3] [4] [5]** |

**References**

**[1]** <https://aip.scitation.org/doi/pdf/10.1063/5.0063475>

**[2]** <https://www.healthline.com/health/airborne-diseases>

**[3]** <https://www.medicoverhospitals.in/articles/air-borne-diseases>

**[4]**<https://www.daikinapplied.uk/news-center/preventing-the-spread-of-coronavirus-with-ventilation-systems/>

**[5]** <https://www.initial.com/pt/todos-os-sectores/higiene-em-centros-comercias>