**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** |
| * Bad sanitizing of equipment and spaces; * Individual risk behavior, such as not putting the elbow over the mouth when coughing; * Closed spaces without ventilation; * No personal hygiene, such as not washing hands frequently. | * Periodic vaccination; * Regular tracing; * Health literacy; * Regular sanitization of spaces; * Adoption of individual preventive behavior, such as washing hands frequently; * Periodic sanitizing of ventilation equipment. |

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

|  |
| --- |
| **Arguments to Justify the Options** |
| Every measure aims to contest the spread of airborne diseases, in other words, every measure, directly or indirectly, on a bigger or on a smaller scale, will contribute to reduce the risk of the spread of diseases through the community. |

**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>