An infectious disease can occur when bacteria, viruses, fungi, or parasites invade our body.

- **For 2015 vaccination coverage rates of children under 3 yrs old, TX ranks** (CDC):

  ![Texas map](image)

  48th out of 50 states

- **CHALLENGES**
  - 177–488 Texans died each week from flu or pneumonia in 2015, (CDC)
  - only 65% of Texans aged 65 and older received the flu vaccine in 2015, (CDC)
  - Texas is 1 of 9 states to have reported measles case in 2016, (CDC)

- **COMPLICATIONS**
  - outbreaks of vaccine-preventable diseases
  - outbreaks of foodborne illnesses
  - premature death and disability

- **SOLUTIONS**
  - learn how to prevent infectious diseases
  - get vaccinated

[healthytx.tamu.edu](http://healthytx.tamu.edu)
DECREASE PREVENTABLE INFECTIOUS DISEASE:

Microorganisms that cause infectious diseases, such as bacteria and viruses, can enter the body in several ways.

Points of entry for microorganisms:
- skin or an injury
- breathing (airborne germs)
- eating contaminated food
- drinking contaminated water
- ticks, fleas or mosquitoes that bite
- sexual contact

Reduce risk of infectious disease:
- wash hands
- get your vaccines
- stay at home when ill
- prepare food safely
- practice safe sex
- don’t share personal items
- talk to your doctor before international travel