MICROBINGO – GENERAL TABLE

DISEASES CAUSED BY VIRUS	BINGO CARD/ PRESENTATION	DRAW CARD/ TRANSMISSION	COMBAT CARD/ PREVENTION
Poliomyelitis	I'm a disease caused by the Poliovirus.	The transmission of the virus that causes this disease is oral (mouth) or fecal (stool) and can contaminate those who didn't take the Sabin's oral poliovirus vaccine.	1. Vaccinating children with the Sabin's oral polio vaccine.
Dengue fever	I'm a disease caused by the Dengue flu virus.	The dengue virus' transmission can occur with the bite of the Aedes aegypti mosquito infected with the virus. The Aedes breeds in clean standing water.	1. To prevent the spreading of the Aedes aegypti mosquito you must never leave clean standing water in potted plants, tires, bottles, bottle caps and other containers that can be filled with water.
Measles	I'm a disease caused by the measles virus.	Measles virus' transmission occurs by contact with the secretions of the eyes, nose and throat of infected people. The vaccine against the measles (MMR) can protect you.	1. Vaccination with the MMR vaccine. 2. Avoid contact with secretions from the eyes, nose and throat of contaminated people.
Flu	I'm a disease caused by the Influenza virus.	The transmission of the influenza virus occurs via the spread of respiratory droplets generated by talking, coughing or sneezing. The anti-flu vaccine is recommended for the elderly or people with low immunity.	1. Vaccination for the elderly and people with low immunity. 2. Stay away from sick people. 3. Good nutrition and vitamin C to boost immunity.

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DISEASES CAUSED BY VIRUS	BINGO CARD/ PRESENTATION	DRAW CARD/ TRANSMISSION	COMBAT CARD/ PREVENTION
Mumps	The transmission of the mumps virus occurs via the spread of respiratory droplets generated by talking, coughing and sneezing. The MMR vaccine can protect you against the mumps virus, and measles and rubella.	The transmission of the virus that causes this disease is oral (mouth) or fecal (stool) and can contaminate those who didn't take the Sabin's oral poliovirus vaccine.	1. Vaccination with the MMR vaccine. 2. Avoiding contact with respiratory droplets of sick people. 3. Rest can avoid complications
AIDS	I'm a disease caused by the HIV virus.	The HIV virus spreadS via unprotected sexual intercourse with a contaminated partner. Transmission can also occur through contact with contaminated blood (transfusion or shared syringes).	1. Practice safe sex using condom. 2. Not sharing syringes.
Hepatitis B	I am a disease caused by the Hepatitis B virus.	The hepatitis B virus spreads via unprotected sexual intercourse with a contaminated partner. Transmission can also occur through contact with contaminated blood (transfusion or shared syringes). The hepatitis B vaccine can protect you against the virus,	1. Vaccination 2. Practice safe sex using condom. 3. Not sharing syringes.
Rabidity	I am a disease caused by the Rabies virus.	The transmission of the rabies virus can occur via the biting, scratching or licking of dogs and other contaminated animals. Vaccinating your pets can protect them against rabies	1. Vaccinating pets. 2. In the event of a *bite*, *wash* the wound with lots of water and go to the hospital.

MICROBINGO – GENERAL TABLE

DISEASES CAUSED BY VIRUS	BINGO CARD/ PRESENTATION	DRAW CARD/ TRANSMISSION	COMBAT CARD/ PREVENTION
Chikenpox	I am a disease caused by the Varicella zoster virus.	The chickenpox virus spreads via direct contact with people who are sick with the disease. There is a vaccine, recommended especially for the elderly.	1. Vaccination specially for the elderly. 2. Avoiding contact with infected people.

MICROBINGO – GENERAL TABLE

DISEASES CAUSED BY BACTERIA	BINGO CARD/ PRESENTATION	DRAW CARD/ TRANSMISSION	COMBAT CARD/ PREVENTION
Salmonelosis	I am a disease caused by the bacteria Salmonella sp.	Salmonellosis is known as the “disease of the dirty hands”. The salmonella bactéria can be spread via the ingestion of infected water and food, especially raw egg, rare meat and poorly washed vegetables.	1. Avoid eating food like raw egg or poorly washed vegetables. 2. Wash your hands often. 3. Basic sanitation.
Tetanus	I am a disease caused by the bacteria Clostridium tetani.	The bacteria of the tetanus can spread via objects infected with the spores of Cloristridium tetani bacteria. The MMR vaccine can protect you against this bacteria.	1. Vaccination with the MMR (triple viral vaccine against mumps, measles and rubella). 2. Proper cleaning of wounds and cuts. 3. Prevent the handling of sharp objects. 4. Seek medical care.
Tuberculosis	I am a disease caused by the bacteria Mycobacterium tubercusis.	The bacteria that causes this disease spreads via respiratory droplets generated by the cough of infected people or through the intake of contaminated milk. The Bacillus Calmette-Guérin (BCG) vaccine can protect you against this bacteria.	1. Vaccination with bacillus Calmette-Guérin (BCG). 2. Avoid breathing without protection near the ill. 3. Boiling raw milk.
Cholera	I'm a disease caused by the bacteria Vibrio cholerae.	The bacteria that causes this disease spreads via ingestion of raw food or seafood that have been ontaminated with the feces of infected people.	1. Avoid seafood and raw poorly washed food. 2. Washing your hands often.. 3. Basic sanitation.

MICROBINGO – GENERAL TABLE

DISEASES CAUSED BY BACTERIA	BINGO CARD/ PRESENTATION	DRAW CARD/ TRANSMISSION	COMBAT CARD/ PREVENTION
Leprosy	I'm a disease caused by the bacteria Mycobacterium leprae.	The bacteria that causes this disease spreads via contact with nasal mucus and wounds of people who have been infected with leprosy's bacillus.	1. Avoiding contact with nasal mucus and wounds of infected people. 2. Washing your hands.
Tooth Decay	I'm a disease caused by the bacteria Streptococcus mutans.	This disease is caused by the bacterial plaque that installs itself in teeth and gum.	1. Brushing your teeth daily. 2. Using dental floss. 3. Visiting the dentist regularly.
Coqueluche	I'm a disease caused by the bacteria Bordetella pertussis.	The bacteria that causes this disease, the Bordetella pertussis, spreads via respiratory droplets generated by the cough of infected people. The MMR (triple viral vaccine against mumps, measles and rubella) can protect you against it.	1. Vaccination with the MMR (triple viral vaccine against mumps, measles and rubella). 2. Avoid breathing without protection next to people contaminated with the bacteria.
Meningitis	I'm a disease caused by the bacteria Neisseria meningitidis.	The bacteria that causes this disease spreads via contact with secretions from the cough of sick people or asymptomatic carriers of the bacteria. The transmission is facilitated in stuffy environments with a lot of people together.	1. Avoiding crowded places during an outbreak. 2. Vaccinate during epidemic period.

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DISEASES CAUSED BY BACTERIA	BINGO CARD/ PRESENTATION	DRAW CARD/ TRANSMISSION	COMBAT CARD/ PREVENTION
Leptospirosis	I'm a disease caused by the bacteria Leptospira interrogans.	This bacteria can be found in the urine of cats, dogs and rats. During flood periods, the sewers may be obstructed by garbage. The contact with the flooded water contaminated with Leptospira bacteria may infect people.	1. Vaccination of dogs and cats. 2. Not throwing garbage on the streets to avoid clogging sewers. 3. Not playing or in water that can be contaminated.

MICROBINGO – GENERAL TABLE

DISEASES CAUSED BY FUNGI OR PROTOZOA	BINGO CARD/ PRESENTATION	DRAW CARD/ TRANSMISSION	COMBAT CARD/ PREVENTION
Chagas Disease PROTOZOAN	I'm a disease caused by by the protozoan Trypanosoma cruzi.	The disease is transmitted by the excrements of an infected barber bug by the Tripanossoma cruzi. The insect lives in small crevices and holes of wooden houses. When it bites a human, it defecates in the wound allowing the entrance of the protozoan through the skin.	1. Not building houses with openings or holes on walls 2. To hinder the proliferation of the “barber bug”.
Malaria PROTOZOAN	I'm a disease caused by the protozoan Plasmodium vivax.	The protozoan that causes the malaria, the Plasmodium, is transmitted by the bite of the contaminated Anopheles.	1. Using mosquito netting to prevent the bite of the insect Anopheles. 2. To fight the insect vector.
Amebiasis PROTOZOAN	I'm a disease caused by the protozoan Entamoeba histolytica	The cysts of the amoebas that causes this disease can be found in water and food. Dirty toilets, flies and cockroaches contributes with transmitting this protozoan.	1. Washing your hands often. 2. To clean and to disinfect bathroom. 3. Efficient sanitation.
Toxoplasmosis PROTOZOAN	I'm a disease caused by the protozoan Toxoplasma gondii.	The protozoan that causes this illness is transmitted by the ingestion of its cysts, found in contaminated animal feces, mainly cats’. Feces of cats are commonly found in tanks or mounts of sand.	1. To collect the excrements of your pets when walking with them. 2. Not to play in uncovered tanks or mounts of sand and that are not disinfected..

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DISEASES CAUSED BY FUNGI OR PROTOZOA	BINGO CARD/ PRESENTATION	DRAW CARD/ TRANSMISSION	COMBAT CARD/ PREVENTION
Athlete's Foot FUNGUS	I'm a disease caused by the Trichophyton rubrum fungus.	As this fungus grows in hot and humid places, it can be in water puddles.	1. Carefully drying feet, armpits and groin avoiding humidity. 2. Not stepping on puddles of water.
Candidiasis FUNGUS	I'm a disease caused by the Candida albicans fungus.	The fungus that causes this illness can be transmitted during breast-feeding the baby, because the fungus is on the mother's skin. The Candidiasis is common in people with low immunity.	1. Keeping good hygiene on the breast during breast-feeding 2. People with low immunity must take special care.