These days, there are many commonly known infectious diseases such as influenza known as flu, tuberculosis, malaria, HIV/AIDS etc., which are mostly known because they can be spread, directly or indirectly, from one person to another very easily and it is not always easy to stop them from spreading. These might have different symptoms or effects on organism. Many people experienced for example flu at least once throughout their life. Some people are immune enough not to get infected, some are not. Scientists and doctors prefer people to be vaccinated in order to be more immune against these kinds of diseases. But do the vaccines carry out the demands of people? What could be the ways to stop spreading these diseases?

Society has different points of view on vaccinations. One group of people has an opinion saying it is necessary to have their children or themselves vaccinated. The other group says there is only a little chance to become immune after vaccination and in some ways it can have a negative impact on organism. In my opinion and based on my research, I think it is certainly helpful and that it cannot damage everyone´s body. All bodies and organisms react differently and also not everyone have the best conditions for vaccination. I think there might be a slight risk, but i don´t really see any horrific damage to human organism caused by this.

Some infectious diseases can be passed from person to person and some are spread by animals or insects. For example, flu can be spread by people and malaria is spread by mosquitoes. There are many ways of prevention to protect ourselves from getting infected. But the biggest problem is people´s responsibility for their own health and the health of other people. Mostly irresponsible people spread diseases because they are not careful enough. To take the new coronavirus covid-19 as an example, it is being spread so easily because people are acting irresponsibly about this problem. It became a worldwide issue and it can be stopped only if people are cooperating and being careful. In my point of view, obligatory quarantine, as well as proper hygiene, is extremely necessary in order to stop the coronavirus from spreading among others. When talking about other diseases, it is also important to follow certain steps, such as staying at home for a few days, wearing something over your mouth when going to public and making sure to fully recover before getting in a physical contact with others.

On the other hand, not all of these steps can fully prevent the virus from spreading, because there is a high chance of spreading the virus before feeling any symptoms. Usually, diseases are passed on other family members or people you live with, who are sometimes almost impossible to prevent from getting infected.

To compare our health care, social and political situation nowadays in many developed or partially developed countries, we can see that there is a huge improvement from the past. Hospitals have better equipment, scientists and doctors developed many important types of cure and vaccination, as well as there si lots of new medicine on the market, which was obviously not here in the past. I personally see this as a big step forward and there are still many things to be developed by the new generation, which will help the population to cure many dangerous illnesses and diseases such as cancer.

In conclusion, there is still a threat and danger of many diseases. There are still many arising new viruses and illnesses, which are yet to be researched by scientists, who try to find the cure for them. People should be always careful and think about their own health, such as health of their loved ones or other people. They should act responsibile in order not to spread diseases and stay healthy. Whether those are vaccinations for those who agree on getting them, or simply following certain stemps, such as maintaining good hygiene and not being in contact with others while being sick.

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