

PARASITE DISEASES

Parasite diseases are common and caused by poor hygiene conditions and consuming undercooked food, resulting in **negative health effects**.

Most common diseases are *Ascariasis, hookworm, trichuriasis, enterobiasis, filariasis, liver flukes, taeniasis, paragonimus or cysticercosis.*

! Symptoms

- Digestive disorders: diarrhea, constipation, flatulence, irritable bowel syndrome, etc.
- Muscle and joint pain.
- Itching, rash, urticaria and other allergic reactions.
- Anemia, pale skin, malnutrition.
- Teeth grinding while sleeping.
- Sleep disorders.



🛡️ Prevention

- Choose foods carefully.
- Cook food thoroughly.
- Eat freshly cooked food promptly.
- Store cooked food safely.
- Reheat food before eating.
- Do not mix raw and cooked foods.
- Always keep your hands clean when handling food.
- Keep the cooking surface and the kitchen clean and dry.
- Protect food from the entry of insects, rodents and other animals.
- Use clean water.