BACTERIA
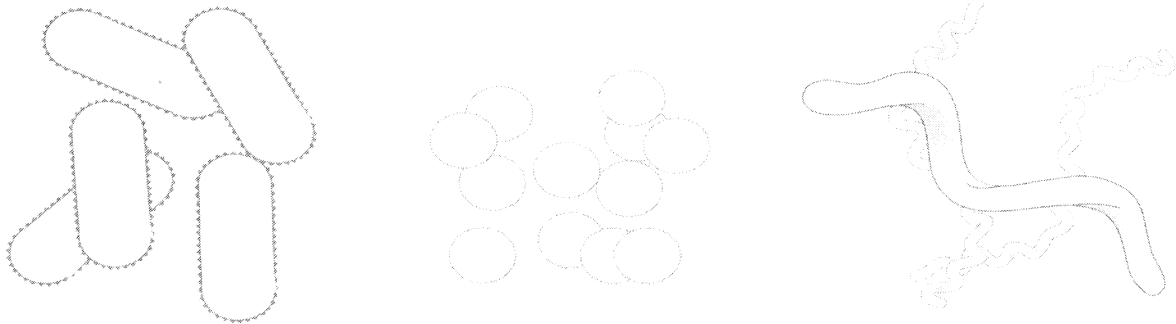
Bacteria are living, single-celled organisms that are slightly large than a virus. They come in 3 different shapes: rods, spheres, and spirals.

Bacteria pathogens can cause many infection, food poisoning, strep throat and tuberculosis.

Strep throat is caused by highly contagious bacteria that can be spread through the air and on surfaces. Several types of bacteria cause food poisoning, including Salmonella and *Ecoli*, found in poultry (bird/chicken), fish, meat, and eggs.

The body hosts thousands of bacteria that play a major role in maintaining your health. A bacterial infection is eminent when these bacteria reproduce out of control and invade other parts of your body or when harmful bacteria are introduced to your system. Bacterial infections can be mild or severe. You need to know the type of bacteria present in your body to successfully treat a bacterial infection. A number of tests can be done to determine the type of bacterial infection

Antibiotics are often the medicine of choice used to treat bacterial infections.

  o *Broad-spectrum antibiotics* fight many types of bacteria. Tetracycline and Ciprofloxacin are examples of broad spectrum antibiotics.

  o *Medium-spectrum antibiotics* target a group of bacteria; penicillin and bactracin are popular medium-spectrum antibiotics.

  o *Narrow-spectrum antibiotics* are made to treat one specific kind of bacteria. Polymixins fall into this small category of antibiotics.

Bacteria can spread through contaminated surfaces, people, air and more. To prevent bacterial infections, it is important to do the following:

  • Maintain healthy hygiene practices (properly cleaning yourself).
  • Follow direction when you prepare raw foods to ensure you cook them properly
  • Wash raw fruits and vegetables and the surfaces that come into contact with raw food or any type.
  • Wash your hands clean with soap and warm water for 20 seconds or use an antibacterial cleanser after coming into contact with persons who are ill or public places
  • Clean cuts & other skin wounds with soap & water and apply an antibacterial ointment