

## PREVENTION OF FOCI OF FUNGAL INFECTION IN CHILDREN

<https://doi.org/10.5281/zenodo.15578404>

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### **Abstract**

Prevention of chronic foci of infection in children is one of the important aspects of the health system. This topic considers the importance of strengthening children's immunity, observing hygiene rules, and proper nutrition. Chronic infections, such as respiratory and gastrointestinal diseases, are common among children, and their development is often associated with problematic conditions, poor diet, and poor sanitation.

### **Keywords**

Immunity, hygiene, vaccination, healthy eating, educational institutions, Infection prevention,

**Introduction:** Children's health is important for the future of every society. Chronic infections are especially common among children and can have a negative impact on their health. Therefore, prevention of chronic infections in children is very important.

Immunity is the body's ability to fight off harmful agents (bacteria, viruses, fungi). Strengthening immunity in children is important in preventing chronic infections. In this section, we will provide complete information about the importance of strengthening immunity, its main components, and practical measures that can be taken to strengthen immunity in children.

### Types of Immunity

Immunity is divided into two main types:

- **Innate (Maternal) Immunity:** This is the immunity that children receive from their mothers at birth. This immunity protects the child for the first few months after birth.
- **Male Immunity:** Acquired immunity develops as children grow up. This type of immunity is formed after illnesses or through vaccines.

### The Importance of Strengthening Immunity

- **Protection from Infectious Diseases:** A strong immune system protects children from various infectious diseases. They are able to fight effectively while protecting themselves from diseases.

- **Healthy Growth and Development:** When the immune system is functioning well, children are able to grow and develop healthily. This is important for their physical and mental health.

- **Preventing Chronic Diseases:** A strong immune system helps prevent chronic infections and other diseases. This ensures long-term health in children.

#### Key Factors That Strengthen Immunity

- **Proper Nutrition:** Children's diet directly affects their immunity. Fruits, vegetables, nutritious proteins (meat, eggs, legumes), and healthy fats (such as olive oil) strengthen the immune system.

- **Vitamins and Minerals:** Vitamins A, C, D and minerals such as zinc and selenium increase the effectiveness of the immune system. For example, vitamin C improves the activity of white blood cells, while vitamin D ensures the normal function of the immune system.

- **Physical Activity:** Regular physical activity in children strengthens the immune system. Sports or activity improves children's blood circulation and reduces stress levels.

- **Good Sleep:** Good sleep is essential for the normal functioning of the immune system. When children get enough sleep, their bodies produce and repair essential cells.

- **Stress Management:** Stress can negatively impact the immune system . Teaching children how to manage stress can improve their mental health and boost their immune system.

*Vaccination* is one of the most effective methods for preventing infectious diseases in children and adults. Vaccination plays a very important role in the prevention of chronic foci of infection in children. In this section , we will provide detailed information about the importance of vaccination, its mechanisms of action, and its effects on children.

#### The Role of Vaccination in Children

A childhood vaccination schedule is established in many countries and ensures that every child receives the necessary vaccines on time. Each vaccine should be administered at a specific time and age:

- **After Birth :** Newborns are given their first vaccines (such as hepatitis B).
- **During Growth :** Other vaccines (e.g. diphtheria, measles) are given to children as they grow (from 6 to 18 months).
- **Other Vaccines:** Some vaccines need to be re-administered (for example, the flu vaccine every year).

#### Benefits of Vaccination

- **Prevention of Infectious Diseases:** Vaccination protects children from infectious diseases. For example, it plays an important role in preventing diseases such as diphtheria, measles, mumps, polio, and others .
- **Build Immunity:** Vaccines strengthen children's immune systems and prepare them for future protection against diseases. This immunity can be long-lasting .
- **Herd Immunity:** If more children are vaccinated, the spread of the disease in the community will be reduced. This, in turn , will protect children who have not been vaccinated or who have a weak immune system.
- **Preventing Chronic Diseases:** Some infectious diseases can cause chronic infections. Preventing such diseases through vaccination reduces the occurrence of chronic infections in children.

Healthy eating is important for children's health and strengthening their immune system. The role of proper nutrition in the prevention of chronic infections in children is of particular importance. In this section , we will provide detailed information about the impact of healthy eating on children's health, its role in strengthening immunity and preventing chronic infections.

#### Healthy Eating?

A healthy diet is a balanced and varied diet that provides the body with all the nutrients it needs. It consists of the following main components:

- **Fruits and Vegetables:** Source of vitamins, minerals and antioxidants.
- **Protein:** Essential for growth and development. Get it from sources like chicken, fish, dairy products, peas , and nuts.
- **Carbohydrates:** A source of energy. Whole grains, fruits, and vegetables are healthy sources of carbohydrates.
- **Fats :** Healthy fats (such as olive or avocado oil) are important, but they should be consumed in moderation.

#### Healthy Eating and Chronic Diseases

A healthy diet plays an important role in preventing chronic diseases. The following factors can cause chronic infections in children:

- **Nutritional imbalance:** Excessive consumption of sugary and fatty foods can weaken the immune system.
- **Obesity:** Obesity can increase inflammation and lead to chronic diseases in children . It is important to control weight through a healthy diet.
- **Nutritional deficiencies:** An unbalanced diet can lead to a deficiency of essential vitamins and minerals, which can weaken the immune system .

#### Healthy Eating Tips for Children

- **Daily Diet:** Try to eat a variety of fruits and vegetables every day. They are rich in vitamins and minerals.
- **Protein Sources:** Try to include protein sources (chicken, fish, legumes) at every meal.
- **Whole Grains:** Choose whole grain foods (bread, pasta) because they are higher in fiber.
- **Don't Forget to Drink Water:** Make sure your children drink enough water. Water is essential for all body processes.
- **Limit Sweets:** Try to eat sweets in moderation. They can cause excess calories.

infections in children is directly related to the active participation of educational institutions. Educational institutions play an important role not only in imparting knowledge, but also in shaping a healthy lifestyle for children. In this section , we will provide detailed information about the role and tasks of educational institutions in preventing chronic infections in children.

- Teaching Healthy Eating
- Promoting a Healthy Lifestyle

Educational institutions can organize various activities and programs to develop a healthy lifestyle in children:

- **Sports activities:** Physical activity strengthens children's immune systems and is important in preventing chronic diseases. Sports competitions and physical education classes engage children in physical activity.
- **Healthy Lifestyle Seminars:** Educate children about healthy lifestyles, hygiene practices, and stress management techniques.

- Teaching Hygiene Rules

teaching hygiene rules . Following hygiene rules reduces the spread of infections in children. Educational institutions:

- **Must teach basic hygiene practices** such as hand washing, living in clean and hygienic conditions

Should carry out advocacy work on food safety and maintaining a clean environment .

- Partnership with parents

Educational institutions should work with parents and involve them in maintaining the health of their children. To do this:

- **Organize seminars and lectures** for parents, informing them about their children's nutrition, physical activity, and hygiene.
- **Provide parents with resources** on healthy eating and teach them how to support a healthy lifestyle at home.

chronic infections in children is an important part of the health system. Infections can negatively affect the overall health, development and quality of life of children . In this section , we will provide detailed information about the role of infection prevention and its impact on children's health.

### The Importance of Preventing Infections

Preventing infections is important for maintaining children's health. This includes:

- Reduce the spread of diseases: Preventing infectious diseases can reduce their spread. This is especially important in schools and daycare centers, where children come into close contact with each other.
- Fostering a healthy lifestyle: Healthy eating, physical activity, and hygiene practices help children develop a healthy lifestyle.
- Ensuring long-term health: Preventing infections is important for maintaining children's future health. This is especially important in preventing the development of chronic diseases.

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