

Glossary :

1. **Infectious organisms:** Infectious organisms are that infiltrates another living thing, like you. When an infectious agent hitches a ride, you have officially become an infected host. There are four main classes of infectious agents: bacteria, viruses, fungi, and parasites.
2. **Nausea:** A feeling of sickness in the stomach characterized by an urge to vomit.
3. **Diarrhea:** Diarrhea, also spelled diarrhea, is the condition of having at least three loose or liquid bowel movements each day.
4. **Vulnerable:** Capable of or susceptible contamination by microbes.
5. **Mayonnaise:** Mayonnaise is a thick, creamy dressing often used as a condiment.
6. **Sanitation:** Sanitation is the hygienic means of promoting health through prevention of human contact with the hazards of wastes as well as the treatment and proper disposal of sewage or wastewater.
7. **Oysters:** It's a kind of mushrooms like oyster mushrooms.
8. **Inflammation:** Inflammation is part of the complex biological response of body tissues to harmful stimuli, such as pathogens, damaged cells, or irritants.
9. **Dehydration:** Dehydration refers to a deficit of total body water, with an accompanying disruption of metabolic processes. Dehydration is also a cause for hypernatremia.
10. **Abdominal cramping:** An abdominal cramp is a sudden, and involuntary muscle contraction or over-shortening; while generally temporary and non-damaging, they can cause mild-to-excruciating pain, and a paralysis-like immobility of the affected muscle(s).
11. **Diuretics:** A diuretic is any substance that promotes the production of urine. All diuretics increase the excretion of water from bodies, although each class does so in a distinct way.
12. **Immune system:** Immune system is a diffuse, complex network of interacting cells, cell products, and cell-forming tissues that protects the body from pathogens and other foreign substances, destroys infected and malignant cells, and removes cellular debris: the system includes the thymus, spleen, lymph nodes and lymph tissue, stem cells, white blood cells, antibodies, and lymphokines.
13. **Hallucinations:** A hallucination is a perception in the absence of external stimulus that has qualities of real perception.

14. Canning: The act, process, or business of preserving cooked food by sealing in cans or jars.

Hygiene: Hygiene is a set of practices performed for the preservation of health. According to the World Health Organization (WHO), "Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases."