

- Q1.** State any two conditions essential for good health.
- Q2.** State any two conditions essential for being free of disease.
- Q3.** Do you think there is any difference between 'having good health' and 'being free of disease'? Why?
- Q4.** A doctor/nurse/health-worker is exposed to more sick people than others in the community. Find out how she/he avoids getting sick herself/himself.
- Q5.** How many times did you fall ill in the last one year? What were the illnesses?
- (a) Think of one change you could make in your habits in order to avoid any of/most of the above illnesses.
- (b) Think of one change you would wish for in your surroundings in order to avoid any of/most of the above illnesses.
- Q6.** List any three reasons why you would think that you are sick and ought to see a doctor. If only one of these symptoms were present, would you still go to the doctor? Why or why not?
- Q7.** A baby is not able to tell her/his caretakers that she/he is sick. What would help us to find out: (a) that the baby is sick? (b) what is the sickness?
- Q8.** Why are we normally advised to take bland and nourishing food when we are sick?
- Q9.** Conduct a survey in your neighbourhood to find out what the three most common diseases are. Suggest three steps that could be taken by your local authorities to bring down the incidence of these diseases.
- Q10.** In which of the following cause do you think the long-term effects on your health are likely to be most unpleasant: (a) if you get jaundice, (b) if you get lice, or (c) if you get acne. Why?
- Q11.** Under which of the following conditions are you most likely to fall sick?
- (a) when you are taking examinations.
- (b) when you have travelled by bus and train for two days.
- (c) when your friend is suffering from measles.
- Q12.** What are the different means by which infectious diseases are spread?
- Q13.** What precautions can you take in your school to reduce the incidence of infectious diseases?
- Q14.** What is immunisation?
- Q15.** What are the immunisation programmes available at the nearest health centre in your locality? Which of these diseases are the major health problems in your area?
- Q16.** Under which of the following conditions is a person most likely to fall sick?
- (a) when he/she is recovering from malaria.
- (b) when he/she has recovered from malaria and is taking care of someone suffering from chicken pox.
- (c) when he/she is on a four-day fast after recovering from malaria and is taking care of someone suffering from chicken pox. Why?

- S1.** Essential conditions for good health are as follows:
- Complete physical fitness i.e., free from any disease.
 - Perfect mental and social well-being.
- S2.** The two conditions essential for being free of disease are as follows:
- Good physical environment i.e., non-overcrowded living conditions, safe drinking water and clean environment.
 - Balance diet, personal hygiene, exercise and relaxation.
- S3.** Yes, there is significant difference between 'having good health' and 'being free of disease'. As health is a complete state of physical, mental and social well being while disease is a disturbed condition of the functioning of the body or its part.
- S4.**
- He/she uses mask to avoid germs to enter his or her mouth or nose.
 - Uses hand gloves while handling patient.
 - Washes hand with antiseptic lotion after touching an infected person.
- S5.** I suffered last year from cough and common cold (thrice), Malaria (once), loose motions (twice).
- To avoid malaria, the following changes in habit is to be made:
 - Use of mosquito net while sleeping or use of mosquito repellent cream.
 - Wearing of full sleeve shirt and full pants during rainy seasons to avoid mosquito bite.
 - Sanitary conditions in and around my home should be improved. The drains should be regularly cleaned and kept covered.
 - Get wire mesh fixed to doors and windows.
- S6.** Cough, cold, fever, loose motion, pus in wound are a few symptoms which require proper diagnosis and treatment, which only a doctor can do. Yes, I would definitely visit a doctor as by not getting proper treatment well in time may lead to more complications. Moreover an untreated infection can spread and cause further damage to the body.
- S7.**
- Excessive crying, running fever, cold and cough, loose motions and non-intake of proper diet are a few symptoms that indicates that the child is unwell.
 - To find the sickness, the baby is taken to a doctor. The doctor is able to diagnose the disease with the help of a stethoscope, pulse rate and laboratory tests.
- S8.** Bland food is soft and can easily be digested and assimilated in body. Nourishing food increase resistance for disease and is essential for repair and growth of body tissue.
- S9.** In our neighbourhood exists a resettlement colony. In that area, three most prevalent diseases are:
- Malaria
 - Jaundice
 - Diarrhoea
- The diseases mostly spread through unhygienic surroundings.
Local authorities should take following three steps:
- Safe disposal of garbage.
 - Cleaning of drains with occasional spray of insecticides and then covering it properly.
 - Provision of safe drinking water and cleanliness campaign.

S10. In case of jaundice, the long-term effects on our health are likely to be unpleasant. Getting lice or acne do not disturb the functioning of our body organs. But a person having jaundice exhibits impairment in the functioning of liver. The bile pigment secreted by liver gets accumulated at several places in the body and permanently damage some of them. The process of digestion is adversely affected and there is a loss of appetite. Dark yellow coloured urine, light coloured stool, nausea, vomiting, headache, joint pains, itching of skin and fever are manifestations of this viral disease.

S11. We may likely to fall sick under condition mentioned at (c) if we are visiting the friend and have not been vaccinated for measles. Measles is an infectious viral disease which spreads through nasal or throat discharge. Visiting such a friend is likely to provide infection.

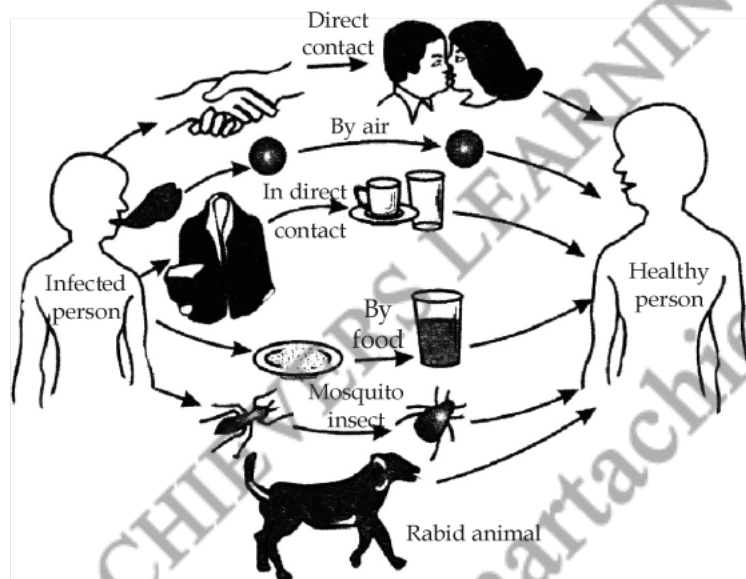
We are likely to fall sick under condition mentioned at (b) because while travelling for two days we have been in contact with many people. It is possible that some co-passengers might be suffering from one or other infectious disease.

S12. Infectious diseases spread mainly by two ways namely direct transmission and indirect transmission.

(a) **Direct transmission:** The pathogens are transmitted from an infected person to a healthy person directly without an intermediate agent. It occurs in the following ways:

- (i) Animal bite.
- (ii) Contact with soil.
- (iii) Transplacental Transmission (from infected mother to the foetus through placenta).
- (iv) Sexual contact.

(b) **Indirect Transmission:** The pathogen of some diseases are carried through some intermediate agents like contaminated food and water, vectors, air, dust droplets and articles coming in contact with patients.



S13. Incidence of infectious diseases can be reduced in our school by adopting following precautionary measures:

- Classrooms should be airy and well spaced.
- Advising students falling sick not to come to school. If any such student does come, the same should be provided a separate bench.
- Ensure safe drinking water.
- Periodic cleaning of water coolers, toilets and use of disinfectants.
- Provide clean environment.
- Protection against flies and mosquitoes.
- Regular medical examination of students and providing vaccination against diseases.

S14. Development of immunity against a pathogen through vaccination is called immunisation. In immunisation, heat killed or chemically weakened pathogens are inoculated.

When our immune systems, first sees the microbe it responds against it and then remembers it specifically. So, the next time that particular microbe or its close relative enters the body the immune system responds with greater vigour. This eliminates the infection quickly. This is the basis of the principle of immunisation.

S15. Various vaccination programmes available at the nearest health centre are:

- (i) DPT for diphtheria, pertusis (whooping cough) and tetanus.
- (ii) Polio vaccine.
- (iii) Measles vaccine.
- (iv) Mumps vaccine.
- (v) Rubella vaccine.

For (iii), (iv) and (v) vaccine name MMR is given

M = Measles, M = Mumps, R = Rubella.

None of the above diseases are major health problems these days in most of the areas due to immunisation programmes.

S16. A person is most likely to fall sick under condition mentioned at (c)

Reason: After recovering from malaria he/she is on a four day fast. Fasting weakens the body immune system and he/she is likely to get chicken pox as chicken pox is a contagious disease which spreads through direct contact with the patient.

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