

WHY DO WE FALL ILL.

Answer the following:-

1) 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.

A:- The following pre-cautions are taken by doctor / nurse / health worker.

1) * Wearing the mask when in contact with in disease person.

2) * Eating healthy and nutritious food.

3) * Ensuring proper cleanliness and hygiene.

2) 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?

Ans:- A baby is sick when he/she determined his/her behavior change such as crying of body improper in state of food etc.

(b) What is the sickness?

Ans:- The sickness is determined by symptoms or indications that can be seen in the baby, the symptoms includes vomiting, fever, loss of motion, paleness in the body.

5) Under which of the following conditions is a person most likely to fall sick.

(a) When she is recovering from malaria.

(b) When she has recovered from malaria.

and is taking care of someone suffering from chicken-pox.

(c) When she is on a four-day fast after recovering from malaria and is taking care of someone suffering from chicken-pox. Why?

A: A person is more likely to fall sick when she is on a four-day fast after recovering from malaria and is taking care of someone suffering from chicken pox.

This is because she is fasting during recovery and her immune system is so weak that it is not able to

protect its own body from foreign infection. If she is taking care of someone suffering from chicken-pox

then she has more chance of getting infected from chicken-pox virus and will get sick again with this disease.

6. 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? why?

Ans: You are more likely to fall sick when your friend is suffering from measles. This is because measles is highly contagious and can easily spread through respiration i.e. through air. Thus, if your friend is suffering from measles stay away from him/her otherwise you might easily get infected with disease.

Extra questions:-

1) State any 2 conditions essential for good health.

Ans: The 2 conditions that are essential for good health are:-

- 1) Proper nutrition and balanced diet.
- 2) Good social environment.

2) State any 2 conditions essential for

being free of disease.

A:- The 2 conditions essential for being free of disease are:-

- 1) person should take balanced diet.
- 2) personal and community and hygiene.

3) What precautions can you take in your school to reduce the incidence of infectious disease.

- A:-
- 1) Staying ^{away} from the infected person.
 - 2) Covering mouth or nose while ~~a person~~ coughing or sneezing to prevent the spread of disease.
 - 3) Drinking safe water.
 - 4) Keeping the school environment clean to prevent multiplication of vectors.

4) What is immunization?

A:- Immunization is defined as protection of the body from communicable disease by administrations of some agents that mimics the microbes.

5) What are the immunization programmes available at the nearest health centre in your locality? Which of these diseases are the major health problems in your area?

Ans: The immunization programmes available at the nearest health centre are DPT (Diphtheria, pertussis and tetanus), polio, vaccine, hepatitis B, MMR (Measles, mumps and Rubella), Jaundice, Typhoid etc. of all these diseases and Typhoid are major health problems.

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