

Chapter 23: Infectious Diseases and how to Prevent them

CAN YOU TELL? [PAGES 121 - 124]

Can you Tell? | Q 1 | Page 121

When your friends fall while playing and get hurt, does anyone tell you, 'Don't go near them, you will also get hurt'?

SOLUTION

No. Nobody says so. In fact, if anyone is hurt while playing. we help them.

Can you Tell? | Q 2 | Page 121

Suppose your mother has a headache. Do you also get a headache if you go near her?

SOLUTION

No. In fact, we help our mother and try to soothe her headache.

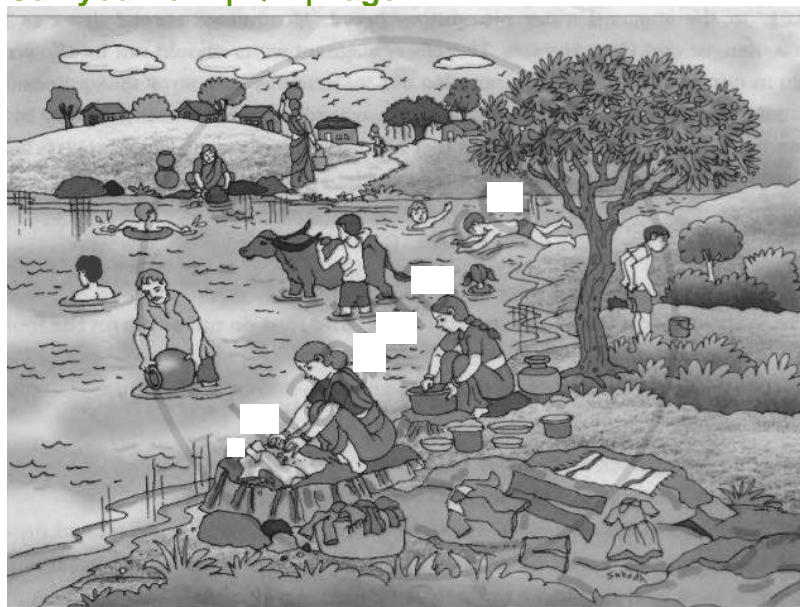
Can you Tell? | Q 3 | Page 121

When is it that you are told not to go near a sick person, not to use their utensils for eating or drinking; not to use their hankies, towels or clothes?

SOLUTION

When there are chances of catching the disease of a sick person, others tell us not to use their utensils for eating or drinking and not to use their hankies, towels, or clothes.

Can you Tell? | Q 4 | Page 122



What different activities are going on in the above picture?

SOLUTION

- (1) Cattle is being bathed.
- (2) Women are washing clothes.
- (3) A boy has finished defecating.
- (4) A man and a woman are carrying water for their use.
- (5) Children are swimming and bathing.

Can you Tell? | Q 5 | Page 122



What do you see in the picture below ?

SOLUTION

- (1) Food is left uncovered.
- (2) Table is unclean because leftover food is lying here and there.
- (3) Man serving the food looks unclean. He has dipped his fingers in glasses of water.
- (4) Rat is seen nibbling at sweets. Cockroaches are seen in food. Lizard is on the wall.
- (5) Everywhere cleanliness is lacking. Utensils are lying unattended.

Can you Tell? | Q 6 | Page 123

What steps will you take to ensure that dust and flies do not settle on the food in your house?

SOLUTION

Cover the food properly so that dust and flies do not settle on the food and contaminate it.

Can you Tell? | Q 7 | Page 124

Why should you not go to school if you have conjunctivitis?

SOLUTION

Conjunctivitis is caused due to germs. These germs can spread from an infected eye to other eyes. We should not spread this infection to other children in the school. This may break out into an epidemic. Moreover, if we are suffering from conjunctivitis then our eyes should get rest. They should be taken care of. The excessive strain on them can cause problems. Hence we should not go to school when we have conjunctivitis.

EXERCISE [PAGE 126]

Exercise | Q 1 | Page 126

What's the solution?

You are very hungry, but the food has been left uncovered.

SOLUTION

If the food is left uncovered, it will be contaminated with dirt, dust, and flies. Many microorganisms may be present in them. Such food can cause infections. Therefore, such food should not be eaten. If we are hungry we can eat packed biscuits or fruits like, banana which can be peeled and eaten. If food is boiling hot, we can consume othe~se. even if we are very hungry, we should not eat uncovered food.

Exercise | Q 2 | Page 126

Which method of preventing the breeding of mosquitoes will you recommend for your surroundings - not allowing water to stagnate or spraying insecticides on the water? Why?

SOLUTION

In the stagnant water mosquitoes breed. Mosquitoes spread diseases like malaria, dengue and elephantiasis. Therefore, stagnant water should not be allowed to remain in our surroundings. One can also use insecticides to destroy mosquitoes. But this would also create insecticide pollution. Insecticides have the ability to stay in the environment for an extended period and they harm the environment. Therefore it is better to remove stagnant water than to spray insecticide.

Exercise | Q 3.1 | Page 126

Answer the following question.

What is an infectious disease?

SOLUTION

The disease caused by specific microorganisms is an infectious disease. It is transmitted from one person to another through infections.

Exercise | Q 3.2 | Page 126

Answer the following question.

What are the mediums of the spread of diseases?

SOLUTION

Contaminated air, water, food are mediums of the spread of disease. Lice, flea, and mosquito also spread certain diseases. In case of skin diseases, direct contact through touch and contact with contaminated clothes or utensils can also cause disease.

Exercise | Q 3.3 | Page 126

Answer the following question.

What happens when there is an epidemic of a disease?

SOLUTION

When the epidemic of disease is spread, many people from a particular area become ill with the same disease at the same time.

Exercise | Q 3.4 | Page 126

Answer the following question.

What is vaccination?

SOLUTION

Vaccination is the process in which the vaccine is given to the person or child through injection or as an oral dose. This vaccine builds resistance against a certain disease. When the disease-causing germs enter our body, we already have the ability to fight against these germs. So we do not get that disease. Due to vaccination, the outbreak of an epidemic can be controlled and disease prevention can be done. Children are given vaccinations for many diseases as their resistance power is weak. Community programmes for vaccination are also done to control epidemics.

Exercise | Q 3.5 | Page 126

Answer the following question.

Make a list of the vaccinations that are given to a newborn baby.

SOLUTION

- (1) BCG or anti-tuberculosis vaccine.
- (2) Triple vaccine: Given against whooping cough, diphtheria, and tetanus.
- (3) Polio oral vaccine is given to build resistance against polio.

Exercise | Q 4.1 | Page 126

True or false?

Intestinal diseases spread through air.

1. **True**
2. False

SOLUTION

False

Exercise | Q 4.2 | Page 126

True or false?

Some diseases are caused by the anger of the gods.

1. True
2. **False**

SOLUTION

False

Exercise | Q 5 | Page 126

Classify the diseases given below as diseases that spread through food, through water and through air.

Malaria, typhoid, cholera, tuberculosis, jaundice, gastro, diarrhoea, diphtheria.

SOLUTION

Through air	Through food	Through water
Tuberculosis, diphtheria	Typhoid, cholera, jaundice, gastro, diarrhoea	typhoid, cholera, jaundice, gastro, diarrhoea

Malaria spreads through mosquito bite.

Exercise | Q 6.1 | Page 126

Give reasons.

When there is an epidemic of cholera, we should drink boiled water.

SOLUTION

Germs of cholera spread through faeces of a patient. They pass into water or food. If such contaminated water is used for drinking, others may get the infection of cholera. Therefore, during an epidemic of cholera, water should be boiled. Boiling destroys the germs in the water and therefore we are protected against the germs. In order to keep our health safe, we should drink boiled water.

Exercise | Q 6.2 | Page 126

Give reasons.

We should not allow puddles of water to stand in our surroundings.

SOLUTION

Stagnant water of puddles is a breeding ground for mosquitoes. Germs causing malaria are transmitted through mosquito bite from a patient to other people. Epidemic of such diseases will spread if mosquitoes are abundant. Therefore to control infections of malaria and dengue we should eradicate mosquitoes. Hence, we should not allow puddles of water to stand in our surroundings.