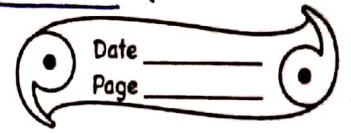


3/11/21

Health & Hygiene

Homework



1- Define the following terms:

a) Healthy - Healthy is defined as being complete physical, mental and social well being, and not merely an absence of disease or infirmity.

b) Disease = Disease is a departure from normal health through structural or functional disorder of the body.

2- Describe a recent common disease that you have recovered from recently. Mention its causes, symptoms and treatments.

Ans I have recovered from COVID-19 recently. It is caused from a virus not a bacteria and it affects our respiratory system. Some symptoms of COVID-19 are fever, cough, difficulty in breathing, loss of taste, loss of smell, sore throat, etc. These symptoms appear 2-14 days after exposure to the virus. We can improve our immune system to prevent this virus from attacking us. We can do the treatment by isolating ourselves from ourselves.

if we are not in that bad condition. We should self care by isolating ~~is~~ ourselves in a well ventilated room. Don't share personal items with other people in the house. Check temperature daily. Take rest and drink a lot of fluids to maintain hydration. Wash your hands with soap and water ~~a~~ for at least 40 sec. or clear with hand sanitizer. But if the condition is worse then we should see a doctor.

3- What are the features of a healthy human being?

Ans. A healthy human being has generally the following features:

- a clear skin
- bright, clear eyes
- a body neither too fat nor too thin
- fresh breath
- good appetite
- sound sleep
- regular activity of bladder and bowels
- coordinated body movements

4. Differentiate between communicable and non-communicable diseases by giving an example of each.

Ans- These diseases are not ~~can~~ caused by any germs, therefore these diseases cannot spread from one person to another. They are either caused due to improper functioning of the body organs or due to deficiency of certain vitamins and minerals in the body. Ex- Rickets, Diabetes, heart diseases, etc. They are known as Non-Communicable or Non-infectious disease.

These disease can ~~easy~~ easily spread from an infected person to a healthy person through disease causing germs. These germs are transmitted through various agencies like air, insect bites, water, etc. Ex- COVID-19, viral fever, chicken pox, malaria, etc. They are known as Communicable or infectious disease.

5. List 5 factors that determine a good health.

Ans Factors that determine a good health are:
i) Diet ii) rest iii) Exercise iv) avoiding the

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use of ~~add~~ alcohol, drugs and tobacco.

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