

O.C - 02.11.2021

Lesson - Health and Hygiene
Homework

classmate

Date _____

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1 - Define the following terms :

(a) Healthy: Health is defined as a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity.

(b) Disease: Disease is any harmful deviation from the normal structural or functional state of an organism.

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

Ans: Dengue fever, commonly known as break bone fever is a flu-like illness caused by the Dengue virus. It is caused when an Aedes mosquito carrying the virus bites a healthy person.

Causes of Dengue:

Dengue is ~~caused~~ caused due to four viruses, namely - DENV-1, DENV-2, DENV-3 and DENV-4. The virus enters a mosquito when it bites an already infected person. And the illness is spread when it bites a healthy person, and the virus spreads through the person's bloodstream.

Usually, symptoms of Dengue feel like uncomplicated fever and not easily identifiable in teens and children. Dengue causes a fever of 104° F degrees along with at least two of these symptoms:

- Headache
- Muscle, bone and joint pain
- Nausea
- Vomiting
- Pain behind the eyes
- Swollen glands
- Rash

Dengue Treatment:

There is no specific treatment of Dengue fever or cure as Dengue is a virus.

Timely intervention can help, depending on how severe the disease is. Here are a few basic treatments of Dengue fever.

- Medication: Painkillers like Tylenol or paracetamol are generally prescribed to the patients. IV drips are sometimes supplemented in case of severe dehydration.

- Stay hydrated: This is crucial as most of our bodily fluids are lost during vomiting and high fever. Continuous intake of fluids will make sure that the body does not easily dehydrate.
- Hygiene: Hygiene is of the utmost importance, even more so when you are not well. The patient can opt for a sponge bath if not a regular bath. Add a few drops of disinfectant liquid like Dettol to the water being used for bathing.

Q3. 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 breathe,
- good appetite,
- sound sleep,
- regular activity of bladder and bowels,
- coordinate body movements.

Q4- Differentiate between communicable and non-communicable diseases by giving example of each.

Ans: Communicable disease

- A disease which can spread from one person to the other through the air, water, bodily fluids etc.

→ They are contagious.

→ For examples: TB, Typhoid, Malaria, AIDS, Cholera and more.

Non-communicable disease which does not spread from one person to another via any kind of mode.

→ They are non-contagious.

→ Rickets, Diabetes, Allergies, Cancer, Kwashiorkor, Heart disease and more.

Q5- List 5 factors that determine a good health.

Ans: 5 factors that determine a good health are:

- Hygiene food
- Cleanliness of environment
- Personal hygiene
- Physical exercise
- Healthy habits