

HVO  
3/11/21

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

2) Disease:-  
Disease is a departure from normal healthy structural or functional disorder of the body.

3) Recently, I suffered from viral fever. Viral fever ~~is~~ any fever that's caused by an underlying viral illness. It's causes are:-

- i) Inhalation of droplets of sneeze and cough of a viral infected person.
- ii) Ingestion of virus contaminated food and water.
- iii) Bites of insects carrying viruses.
- iv) Exchanging bodily fluids with someone who has viral infection can transfer the illness.

It's symptoms:-

- Chills
- Sweating
- Dehydration
- Headache
- muscle aches and pains.
- a feeling of weakness

→ loss of appetite

It's treatment :-

- Rest as much as possible
- Drink plenty of fluids to remain hydrated.
- Taking antiviral medication.
- Sitting in a lukewarm bath.

3) The features of a healthy human being are :-

- a clear skin
- bright, clear eyes
- a body ~~not~~ neither too fat nor too thin
- fresh breathe
- good appetite
- sound sleep
- Regular activity of bladder and bowels.
- Coordinated body movements.

1) Communicable

→ Disease which can spread from one person to another is known as communicable disease.

→ It is caused due to bacteria and virus.

Non-Communicable

Disease which does not spread from person to person are known as non-communicable disease.

It is caused by an non-infectious agent.

→ It is also known as infectious disease.

It is also known as infectious disease.

b) The determinants of good health are :-

→ Income and social status

→ Social support networks

→ Employment and working conditions.

→ Physical environments.

→ Education

→ Healthy child development

→ Biology and genetic endowment.

→ Health services

i) → Personal health practices and coping skills.