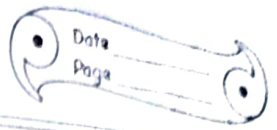


# Ch-7

2/1/2021



## Homework

### ① Define

(a) Healthy: It is a state of physical, mental and social well being. It refers to the individual, physical and social environment. The individual has good health.

(b) Disease: Disease means not at ease means not normal or not at peace. It is defined as a condition of the living animal or plant body or of one of its parts.

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

(3) What are the features of a healthy human being?

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

⑤ List 5 factors that determine a good health.

### Answer:

Q. "COVID-19," the newly identified coronavirus can cause pneumonia. and like other respiratory infections it has an incubation of between 1 and 14 days.

It is a communicable disease.

### Cause of Covid-19

Severe ~~act~~ acute respiratory syndrome coronavirus 2.

### Symptoms of Covid 19

Fever, cough, fatigue, shortness of breath, loss of taste or smell.

## Treatment of Covid-19

- \* Symptomatic and Supportive
- \* Wash hands frequently and use Sanitizers
- \* Wear mask
- \* Maintain Social and physical distancing
- \* Avoid touching eyes, nose and Mouth

③ ANSI - 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
- \* Coordinated body movement.