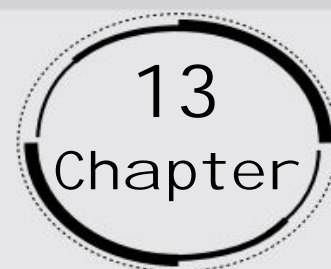


Why do we fall ill



NCERT Exercise

1. State any two conditions essential for good health.

Ans: Two conditions essential for good health are:

- Availability of better health facilities to deal with problems.
- Basic necessary conditions to stop diseases must be present.

2. State any two conditions essential for being free of disease.

Ans: The two conditions essential for being free of diseases are:

- Personal hygiene and cleanliness should be maintained.
- Intake of a balanced diet and nutritious food.

3. List any three reasons why you would think that you are sick and ought to see a doctor. If only one of these symptoms were present, would you still go to the doctor? Why or why not?

Ans: The presence of symptoms such as headache, stomach pain, nausea, vomiting, fever, etc., make us feel that we are sick and must visit a doctor. It will be difficult for us to predict the kind of disease and end up visiting the doctor so that the disease can be treated with proper medication. However, we usually do not visit a doctor, if only one of these symptoms is present. This is because such symptoms do not have much effect on our general health and ability to work. So, if a person is experiencing these symptoms quite regularly, then he/she needs to visit a doctor for proper treatment because that may be a symptom of severe disease.

4. In which of the following cases do you think the long-term effects on your health are likely to be most unpleasant?

- (a) If you get jaundice,
- (b) If you get lice,
- (c) If you get acne.

Why?

Ans: If we get jaundice it will be the most unpleasant because it is a chronic disease and can cause long-term effects on our health. Lice and acne can be cured by using medicated shampoo and proper cleanliness respectively.

5. Why are we normally advised to take bland and nourishing food when we are sick?

Ans: We are normally advised to take bland and nourishing food when we are sick because when we are sick our body will be weak, so by consuming bland and nourishing food we can get the nutrients and energy quickly to fight the disease-causing agents. Oil and spices will be difficult to digest because our metabolic system is weak.

6. What are the different means by which infectious diseases are spread?

Ans: The different means by which infectious diseases are spread are as follows:

- Diseases can be spread through various means such as air, water, sexual contact, blood and vector.
- Through air - This occurs through the little droplets thrown out by an infected person during sneezing or coughing. For example, tuberculosis, pneumonia, etc. spread through the air.
- Through water - This occurs if the excreta of an infected person who is suffering from an infectious gut disease, such as cholera, get mixed with the drinking water used by people living nearby.
- Through physical contact - Sexual act is one of the closest physical contact two people can have with each other.
- Blood transfusion - Certain diseases such as AIDS can spread via the blood to blood contact during a blood transfusion or pregnancy.
- Through vectors - Diseases can spread through vectors. For example, mosquitoes spread malaria.

7. What precautions can you take in your school to reduce the incidence of infectious diseases?

Ans: To reduce the incidence of infectious diseases in our school the following precautions must be taken:

- Cover mouth or nose while sneezing.
- To avoid the breeding of mosquitoes we will make sure that water is not stagnant too.
- Drinking filtered or purified water to avoid the spread of water-borne diseases.

8. What is immunization?

Ans: Immunization is a process of protecting the body from communicable diseases by administration of the agent that mimics the microbe.

9. What are the immunization programmes available at the nearest health centre in your locality? Which of these diseases are the major health problems in your area?

Ans: The immunization programmes available at the nearest health centre in my locality are DPT, polio vaccine, Hepatitis B, MMR, jaundice, typhoid, etc. The diseases that are the major health problems in a particular area depends upon the hygiene and cleanliness maintained in that area.

10. How many times did you fall ill in the last year? What were the illnesses?

(a) Think of one change you could make in your habits in order to avoid any of /most of the above illnesses.

(b) Think of one change you would wish for in your surroundings in order to avoid any of/most of the above illnesses.

Ans: The number of times an individual falls ill in a year depends on the immunity system of that individual. Few might fall ill several times in a year whereas others do not fall ill at all. Illness may be fever, cold and cough etc.

(a) In order to avoid any of /most of the above illnesses, I will develop the habit of eating fresh and healthy food.

(b) Drinking boiled water.

11. A doctor/nurse/health worker is exposed to more sick people than others in the community. Find out how she/he avoids getting sick herself/himself.

Ans: A doctor/nurse/health worker is exposed to more sick people than others in the community. Following are the steps were taken by them to avoid getting sick:

- They should keep themselves covered while moving around an infected place.
- When in contact with an infected person they should wear a mask and gloves.
- Eating healthy and nutritious food.
- Ensuring proper cleanliness and personal hygiene.

12. Conduct a survey in your neighbourhood to find out what the three most common diseases are. Suggest three steps that could be taken by your local authorities to bring down the incidence of these diseases.

Ans: After conducting a survey in our neighbourhood the three most common diseases found are Dengue, Typhoid, Jaundice. etc. The steps to be taken to bring down the incidence of these diseases are:

- Proper disposal of garbage so that a clean environment should be provided.
- Proper maintenance of open sewage systems and canals.
- The supply of safe drinking water must be ensured.
- The breeding of mosquitoes must be prevented.

13. A baby is not able to tell her/his caretakers that she/he is sick. What would help us to find out

- (a) That the baby is sick?**
- (b) What is the sickness?**

Ans: Following symptoms will help a caretaker to know regarding the illness/sickness of a baby:

- (a) By the behavioural changes of the baby sickness can be determined.
- (b) Sickness can be symptoms or indications which include vomiting, fever, loose motion, paleness in the body, etc.

14. Under which of the following conditions is a person most likely to fall sick?

- (a) When she is recovering from malaria.**
- (b) When she has recovered from malaria and is taking care of someone suffering from chickenpox.**
- (c) When she is on a four-day fast after recovering from malaria and is taking care of someone suffering from chickenpox. Why?**

Ans: Under the condition ‘C’ a person is more likely to fall sick because she is already fasting during recovery, and her immune system is so weak that it is not able to protect its own body from any foreign infection. If that person is taking care of someone suffering from chickenpox, then she has more chances of getting infected from the chickenpox virus and will get sick again with this disease.

15. Under which of the following conditions are you most likely to fall sick?

- (a) When you are taking examinations.**
- (b) When you have travelled by bus and train for two days.**
- (c) When your friend is suffering from measles.**

Why?

Ans: A person is more likely to fall sick under the situation “C” because measles is a highly communicable disease and can easily spread through the air. So, any of your friends are suffering from measles, you have to stay away from him otherwise you might easily get infected with the disease.