

## Why Do We Fall ill

How many times did you fall ill in the last one 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.

### **Solution:**

Three times

(i) Malaria

(ii) Dysentery

(iii) Viral fever

(a) Change in daily routine:

(i) Body cleanliness.

(ii) Prevent the growth and reproduction of mosquito.

(iii) Spraying insecticides

(iv) Taking balanced diet and clean water

(b) Change in surroundings:

To prevent accumulation of garbage and dirty stagnant water, thereby keeping the surroundings clean.

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.



**Solution:**

Doctors/nurses/health-workers fall sick more frequently than others.

They can keep themselves safe by:

- (a) Cleaning their hands after checking up patients.
- (b) Using a mask while checking patients.
- (c) Avoiding direct physical contact with patients.
- (d) Avoiding sexual meals with patients.
- (e) Avoiding taking meals with patients.
- (f) Taking a balanced diet.
- (g) Getting immunised.

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.

**Solution:**

The three common diseases are:

- (i) Dysentery
- (ii) Malaria
- (iii) Viral fever of jaundice.

Precautions:

- (i) Keep the surrounding and environment clean.
- (ii) Clean the sewage line regularly and ensure proper exit for sewage water.
- (iii) Destroy the place where mosquitoes breed.
- (iv) Spray chemicals and fumigants to kill mosquitoes.



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?

**Solution:**

- (a) Some particular symptoms, for example cough, temperature, dysentery, etc., indicate that a child is sick.
- (b) Every disease has its own particular symptoms that tell us about it.

By carrying tests in the laboratory, the disease can be diagnosed.

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 chicken-pox.
- (c) When she is on a four-day fast after recovering from malaria and is taking care of someone suffering from chicken-pox.

Why?

**Solution:**

A person is most likely to fall sick when she is on a four-day fast after recovering from malaria and is taking care of someone suffering from chicken-pox.

Reason: Due to unavailability of sufficient and balanced diet and weakened immune system.

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?

**Solution:**

I would be mostly to fall sick when my friend is suffering from measles.

Reason: In this condition, I will frequently visit my friend. Measles is an air-borne disease. When my friend coughs or sneezes, small drops from his mouth containing microbes will mix in the air. The microbes may be carried by air and may enter into my body when I breathe. So, the chance of getting infection increases. Hence, in this case, I may fall severely sick

Correct Answer: C

