

Life skills

Grade 6

Week 4

21\07\2020

Communicable diseases

Causes, symptoms and preventions

Diseases can be passed on in different ways. Communicable diseases are illnesses that are passed from one person to another. This happens when someone shares a small space with a sick person or is exposed to anything that comes from the body such as saliva, urine or stools.

Malaria

Malaria is a disease caused by parasite. The parasite is transmitted to humans through the bites of infected mosquitoes. When the mosquito bites you, the parasite is released into the bloodstream and begins to infect the red blood cells. People who have malaria usually feel very sick, with a high fever and shaking chills. Talk to your doctor if you are travelling to areas where malaria is common, your doctor would prescribe medication to prevent the disease.

HIV/AIDS

HIV is a virus that attacks cells that help the body fight infections, making a person more vulnerable to other infections and diseases. It is transmitted through bodily fluids.

Tuberculosis

TB is caused by a germ that are passed on through the air. TB disease in the lung may cause symptoms such as a bad cough that lasts three weeks or longer. Symptoms are fever, sweating at night, loss of appetite, loss of weight, often weak and tired. TB should be treated with a anti TB drug that must be taken every day for six months.

Measles

It is passed through the air or via saliva. Measles signs and symptoms appear 7-14 days after exposure to the virus. Symptoms are fever, tiny white spots inside the mouth, a cough, runny nose, sore throat and eyes.

Diphtheria

Diphtheria is a very dangerous bacterial infection that creates a coating inside the throat and makes swallowing and breathing difficult.

Mumps

Mumps is a virus that leads to painful swelling of the salivary glands in the cheeks, which produce saliva. The symptoms also include fever, headache and sore throat.

Pertussis

Pertussis causes terrible coughing spells that ends in a whooping sound when a person breathes. It lasts about six weeks. Symptoms are runny nose, mild fever and vomiting.

Colds and Flu

A cold is caused by a virus and generally begins with a sore or scratchy throat. Later on you get a blocked or runny nose sneezing, coughing and a headache. Influenza, commonly known as flu, similar to a cold but is more serious. Flu symptoms include fever, chills, sore throat, muscle pain, severe headache, coughing and weakness. Flu can lead to bronchitis and pneumonia, which are infections of the chest.

Meningitis

It is a serious illness. It is an infection of the protected layer of membrane surrounding the brain. It is caused by virus or bacteria. The early symptoms are severe headache, high fever and stiffness in neck.

Vaccine

Substance put into the blood to protect you from particular diseases

Antibodies

Substances the body produces in the blood to fight of diseases or infections

Virus

A very tiny germ that can enter the body and cause diseases

Bacterial

It is made up of tiny living germs that can enter the body and can cause diseases.

Immune system

The system in the body that produce substance to help fight diseases.

Symptoms

A form of pain or discomfort caused by a disease

Ways to stay healthy

The best way to avoid getting infected by germs is to build your own natural resistance, to do this you should.

- Eat lots of fresh fruit and vegetables
- Gets lots of exercise and sunlight
- Sleep for 8 hours a day
- Drink 8 glasses of water
- Wash your hands thoroughly with soap and water
- Clean up any animal droppings around your house
- Keep flies off your food as they spread germs

Complete the following

1. A form of pain and discomfort caused by a disease _____
2. Illnesses that can be passed on from one person to another _____
3. Made up of tiny living germs that can enter the body and cause diseases _____
4. A germ that can enter the body and cause disease _____
5. Disease that is spread by mosquitoes _____
6. Infection of the protective layer of the membrane _____
7. Swelling of the salivary glands in the cheeks _____
8. Disease passed on via sexual contact or blood _____
9. A terrible coughing spell. _____
10. A rash of itchy spots _____