

Why Do We Fall Ill: Exercise Questions

Q.1 How many times did you fall ill during the last year? What were the illnesses?

- (a) Think of one change you could make in your habits in order to avoid any of the above illnesses.
- (b) Think of one change you would wish for, in your surroundings in order to avoid any of the above illnesses.

Sol. Two-Three times in the last year. Diseases are common - cold, malaria, viral fever.

- (a) Changes in habits to avoid the illness:
 - (i) Keep the personal hygiene.
 - (ii) Keeping the surroundings neat and clean.
 - (iii) Use of good food and purified water.
 - (iv) Avoiding uncovered food and unfiltered water.
- (b) One change in surroundings to illnesses
 - (i) Avoiding accumulation of garbage and stagnant water in the surroundings.

Q.2 A doctor / nurse / health - worker is exposed to more sick people than other in the community. Find out how she / he avoids getting sick herself / himself.

Sol. A doctor / nurse / health - worker is exposed to more sick people than other in the community. They avoid getting sick herself / himself by:

- (i) Maintaining personal hygiene that as personal cleanliness washing hands with a sanitizer, Dettol or savlon, etc. after touching equipment, clothes, etc. of patients.
- (ii) They use of mask and hand gloves to cover the mouth, nose, and hand to avoid infection from the infectious patients.
- (iii) They avoid sexual contact with the sick people.
- (iv) They avoid sharing of foods or water used by the patient.
- (v) They keep the surroundings neat and clean.
- (vi) They eat balance diet and nutrient rich food to keep their immune system healthy.
- (vii) They undergo immunization time to time regularly.
- (viii) They avoid direct contact with infectious patients.

Q.3 Conduct a survey in your neighborhood 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 occurrence of these diseases.

Sol. The common diseases are loose motion, malaria, viral fever / jaundice in our neighbourhood. Their preventive measures are:

- (i) Cleaning the surroundings by removal of garbage from the streets, houses and storing it in a covered place.
- (ii) Removal of stagnant water to avoid the breeding place of mosquitoes. Also spray of chemicals or smoke in the surroundings to kill mosquitoes and insects.
- (iii) Ensure the supply of purified drinking water.
- (iv) Educate the people about preventive measures of diseases.

Q.4 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?

Sol. (a) The symptoms, signs and behaviour of child would help us that the baby is sick. Symptom may be loose motions, cough, sneezing, wound with pus, vomiting etc. And behaviour like improper food intake, constant crying etc.

(b) Signs and symptoms will give a little information of the presence of a particular disease. To be confirmed, laboratory tests should be done as prescribed by doctor.

Q.5 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?

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

Because she is not taking proper and sufficient food during the recovery from malaria. So, her immune system will not be functioning properly. She has a high chance of getting chicken-pox due to her lower immunity.

Q.6 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?

Sol. (c) When your friend is suffering from measles.

It is because measles is infectious disease and spreads through air. This disease is transmitted from the infected person by droplets thrown in the air during sneezing, coughing nasal discharge etc. So, when you go to visit him to ask his welfare. You are most likely to get infected by this disease.