
#464596

How many times did you fall 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 illness.
- (b) Think of one change you would wish for in your surroundings in order to avoid any of/ most of the above illnesses.

Solution

I had fallen ill twice in the past year. The illnesses were malaria and viral fever.

(a) Changes that I would like to make in my habits in order to avoid any more illnesses are as follows:

1. Having a bath daily.
2. Keeping the house, especially kitchen, clean in order to avoid creating a breeding place for the mosquitoes.
3. Having a proper balanced diet.

(b) Changes that I would like to make in my surroundings in order to avoid any more illnesses are as follows:

1. To prevent accumulation of garbage in the building/society.
2. To keep the society clean and dumping the waste in garbage bins provided.

#464598

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

Medical personnels are constantly in contact with the sick and diseased people coming in the hospitals for the treatment. They follow various measures to in order to prevent themselves from getting infected:

1. They avoid eating or sharing food with patients.
2. They are always in hospital scrubs to protect themselves in situations where there is spillage of blood or body fluids on them.
3. Hospital is always kept clean.
3. Use of sanitizers and disinfectants wherever required.
4. Use of gloves while attending a patient.

#464601

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

Baby is too small to complain on its own. During such cases, following symptoms should be checked for, as this are the common symptoms seen when the baby is ill. They are:

- (a) Increase in the body temperature.
- (b) Constant crying.
- (c) Watering of the eyes.
- (d) Not eating food.
- (e) Vomiting and diarrhoea.

Sickness is a condition used to refer to physical illness or disease.

#526219

What are the various public health measures, which you would suggest as safeguard against infectious diseases?

Solution

Vaccination is a method to protect body from any communicable disease, preventive measure to avoid spread of vectors of pathogens, isolation of infected person from health ones and practising the personal and public hygiene methods are some practices that can prevent spread of communicable diseases. Maintenance of personal hygiene, intake of healthy and nutritious food, maintenance of cleanliness in surroundings, proper cleaning of domestic water reservoirs at regular interval help prevent spread of vectors and pathogens.

#526220

In which way has the study of biology helped us to control infectious diseases?

Solution

Biology imparts knowledge about causative agents of various communicable and noncommunicable diseases, their mode of transmission, the life cycle of pathogens and vectors of various pathogens. All this information helps to avoid the tentative causes of diseases and to take preventive health care to alleviate the chances of infection. Even in the case of infection, proper food, isolation, medication and vaccination speed up the recovery. Development of vaccines against many diseases eradicated few ones while provided protection against others.