

## Science Lecture Sheet for Class-V

### Chapter -7

### Healthy Lifestyle

Day-2	Lecture -02	Date: 31/05/2020
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**Types of infectious diseases chart**

	<b>Airborne Diseases</b>	<b>Waterborne Diseases</b>	<b>Contact Diseases</b>	<b>Diseases transmitted by animals and insects</b>
<b>D E F I N I T I O N</b>	The diseases caused by germs and transmitted through the air due to coughing, sneezing or talking are called airborne diseases.	The diseases caused by taking water contaminated with germs are called waterborne diseases.	The diseases caused by direct or indirect contact with an infected person are called contact diseases.	Some infectious diseases are transmitted by animal and insects' bites.
<b>E X A M P L E</b>	Swine flu, measles, chickenpox, tuberculosis, and influenza.	Diarrhoea, Cholera, Dysentery, and Typhoid	Example: Flu, Ebola, Measles etc.	Example: Rabies is transmitted through bites of rabies-infected dogs. Malaria and Dengue are caused by mosquito bites.
<b>P R E V E N T I O N</b>	<p>a) We can also prevent infectious disease by covering face during coughs and sneezes with tissue, handkerchief or elbow and keeping our environment clean.</p> <p>b) Wash your hands thoroughly and especially after sneezing or coughing.</p> <p>c) We can keep our body healthy by eating a balanced diet and using safe water.</p> <p>d) We can also prevent the spread of diseases by adequate ventilation in our room.</p> <p>e) Avoid touching your face or other people with unwashed hands.</p>	<p>a) We have to drink only clean and safe water</p> <p>b) Can use the antiseptic liquid in our bathing water to prevent waterborne diseases</p> <p>c) We should regularly wash our hands with soap after returning home, after using the toilet, before and after preparing food, before eating or drinking anything.</p> <p>d) Ensures food is washed and thoroughly cooked</p> <p>e) Avoid eating stale cooked food, unrefrigerated food kept</p>	<p>a) Wash your hands or use hand sanitizer before handling food and after shaking hands.</p> <p>b) Always wash with soap and water if your hands are visibly soiled.</p> <p>c) Try to minimize touching your mouth or nose with your hands.</p> <p>d) Avoid sick people, if possible.</p>	<p>a) We can use bug or insect repellent.</p> <p>b) Check pets regularly for ticks.</p> <p>c) We have to vaccinate our family and our pets regularly</p>

	f) Getting vaccination and avoiding unhygienic foods helps reduce the risk of the disease.	exposed outside for long hours. f) The vaccinations for immunization against preventable diseases like Typhoid, Hepatitis A, polio etc.		
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- **AIDS:** Acquired Immune Deficiency Syndrome
- **HIV:** Human Immunodeficiency Virus

### **How to cure Infectious Diseases:**

- a) Taking rest, eating nutritious food and drinking enough safe water will help us get better.
- b) If we have mild fever or headache, some medicine helps us feel more comfortable initially.
- c) We must need to see a doctor soon if we have a fever which is not getting well and have continuous vomiting and serious headache.

### **Related Questions with this topic**

#### **1. Why is AIDS called a different kind of infectious disease? Explain it.**

AIDS is a different kind of infectious disease caused by HIV. We will not be infected with AIDS even if we touch an HIV infected person or use things that an HIV infected person uses. We can even Hands shake with an HIV infected person. That is why AIDS is called a different kind of infectious disease.

#### **2.How can we cure the infectious diseases?**

##### **Answer:**

We can cure the infectious diseases in the following ways: -

- a) We should take enough rest.
- b) We have to eat nutritious food for boosting our immune system.
- c) We should drink sufficient water to keep us hydrated.
- d) If our health condition is not improving then we should consult a doctor for treatment.

**3. What is contact diseases? How can we prevent contact diseases?**

**Answer:**

**Contact diseases**

The diseases caused by direct or indirect contact with an infected person are called contact diseases. Example: Flu, Ebola, Measles etc.

**How to prevent contact diseases:**

- a) Wash your hands or use hand sanitizer before handling food and after shaking hands.
- b) Always wash with soap and water if your hands are visibly soiled.
- c) Try to minimize touching your mouth or nose with your hands.
- d) Avoid sick people, if possible.

## **Sample Broad Question Answer**

**1. Write the name of three diseases that spread through an animal bite. Write three ways to prevent Dengue.**

**Answer:**

Three diseases caused by animal bites:

1. Malaria
2. Rabies.
3. Dengue

Three ways to prevent dengue:

- a) We never allow any objects that hold water like tyres, canister lying around.
- b) We will close the windows and doors to avoid allowing mosquitoes into our house spaces.
- c) We should wear long-sleeve shirts and long pants.