

NIOS lesson adaptation project

by  **Embrace** volunteers
The power within you!

(A community initiative of Harchan Foundation Trust)

CHAPTER -8

COMMUNICABLE AND LIFE STYLE DISEASES

This project is aimed at supporting children with different needs. Information provided is adapted to the best of knowledge by the volunteers. For complete information please refer to the NIOS resources in <https://www.nios.ac.in/online-course-material/secondary-courses.aspx>.

KWL CHART

What you Know	What you want to Know	What you have Learnt
	Disease, Immunity	
	Communicable diseases – Causes, Spread, Signs and Symptoms, Preventive measures	
	Non-communicable/Lifestyle diseases- Factors , Preventive measures	
	Caring for the sick at home	
	HIV/AIDS	

KEYWORDS

Keyword	Meaning
Incubation	Gap of time between entry of germs into our body and developing symptoms of the disease
Anti-bodies	White blood cells produce anti-bodies to fight germs
Mode of spread	Way the germs are transferred from one person to another
Symptoms	Signs of a disease
Blood Transfusion	Way of adding blood to our body
Modifiable factors	Factors that can be changed
Non-modifiable factors	Factors that cannot be changed

DEFINITIONS

DISEASE – is a state of discomfort in which the normal functioning of the body is affected

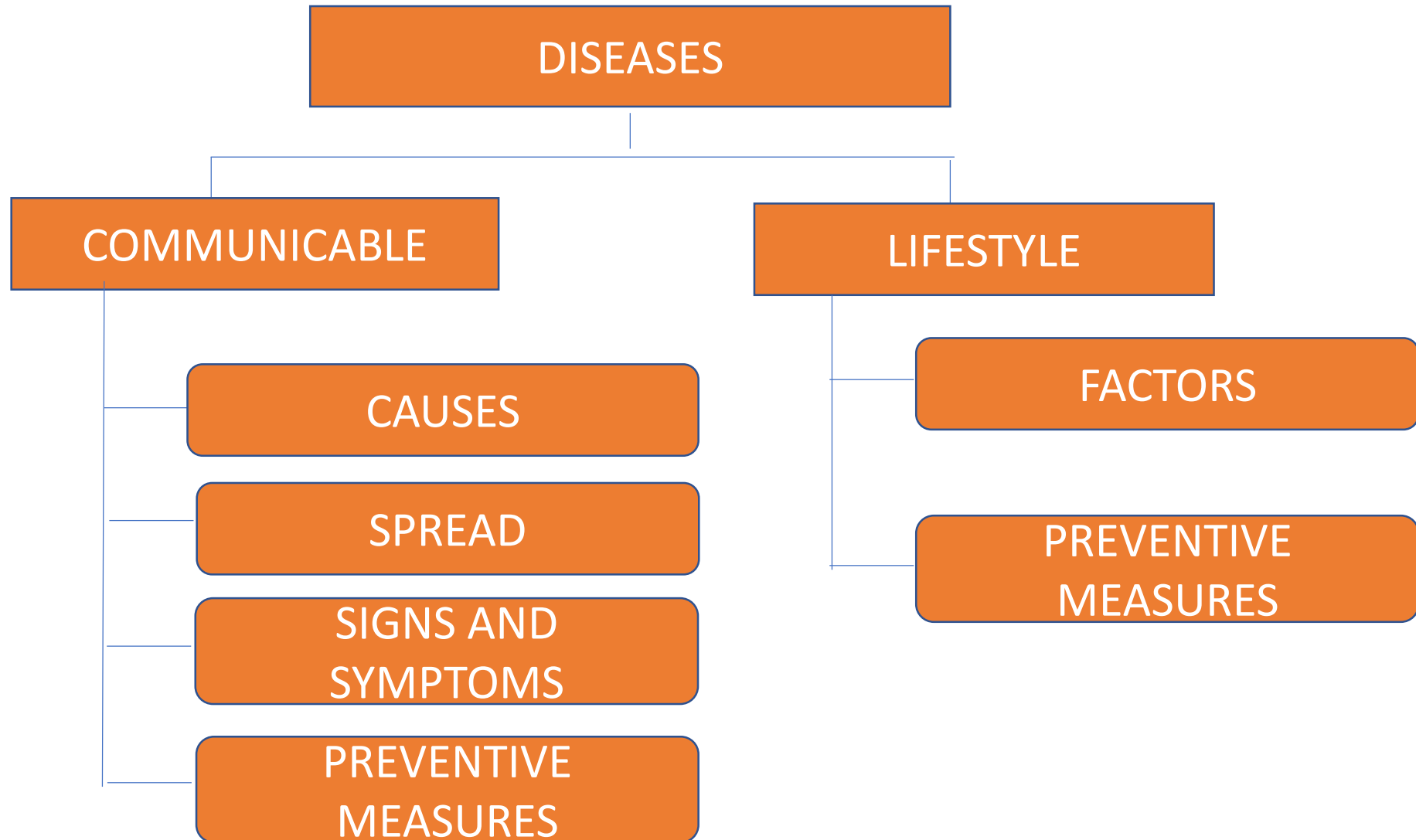
IMMUNITY – is the ability of the body to resist a particular disease

COMMUNICABLE DISEASES – The diseases that spread from one person to another

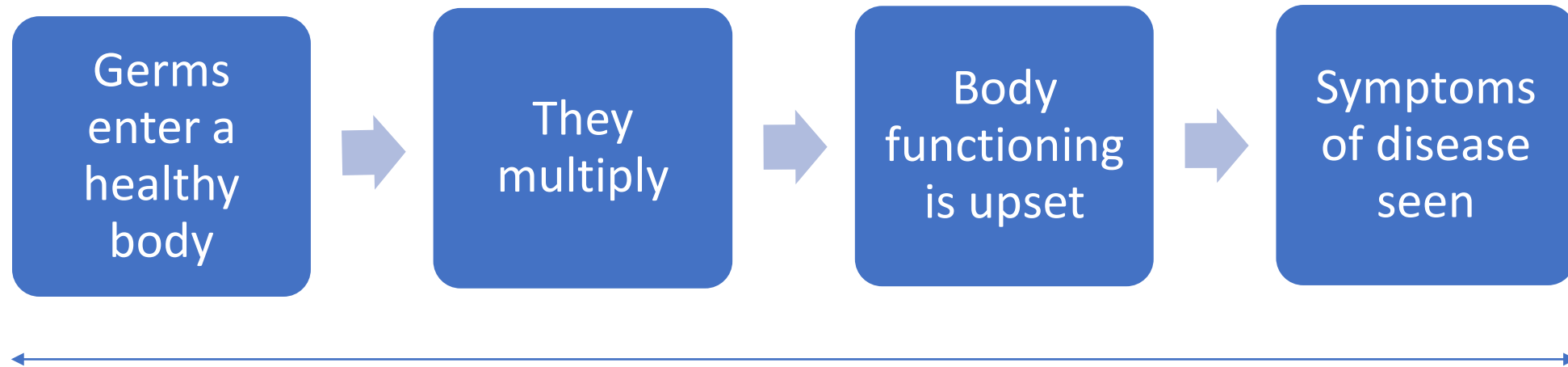
INCUBATION PERIOD – The gap of time between the entry of germs into our body and appearance of symptoms of the disease

LIFESTYLE DISEASES – The diseases that may develop in a person due to faulty eating and living habits

OVERVIEW OF CHAPTER



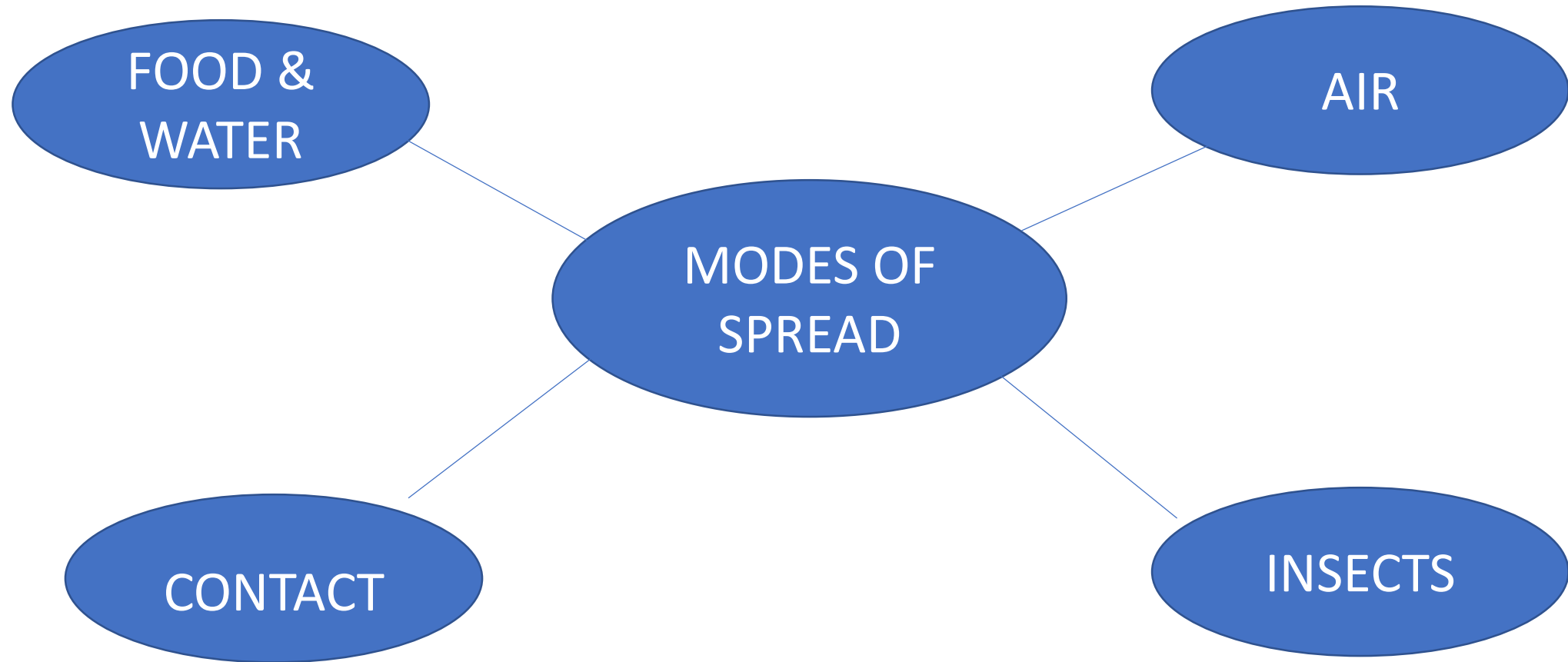
What Causes Communicable Diseases?



Incubation period

The gap of time between the entry of germs into our body and appearance of symptoms of the disease

How Do Communicable Diseases Spread?



How Communicable Diseases spread through Food & Water?

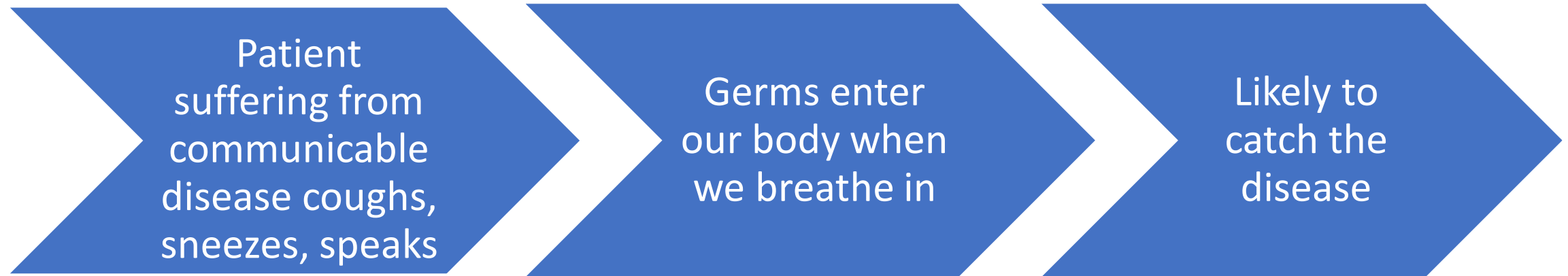
Uncovered Food and Water contaminated with germs

Unhygienic conditions of preparation, serving and storing

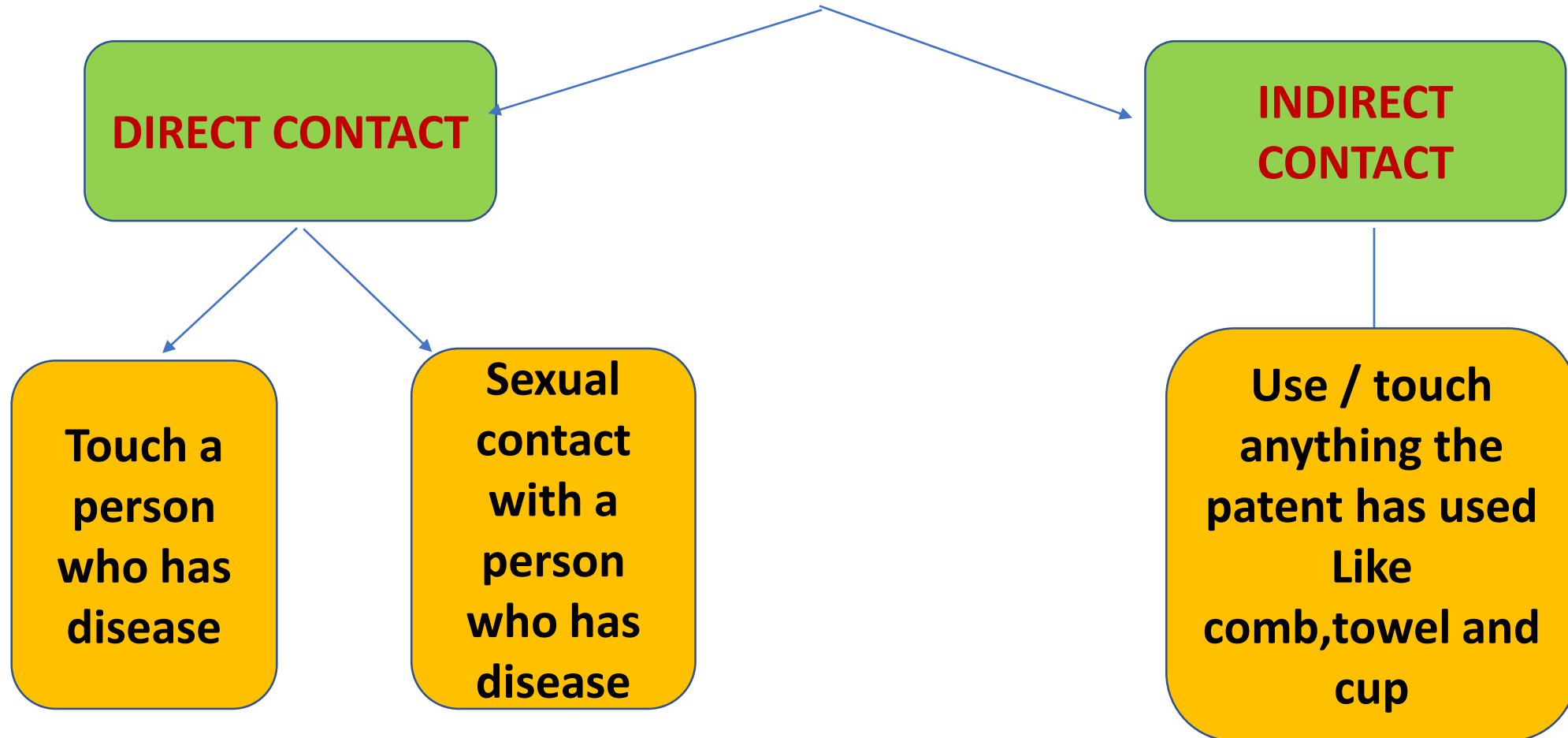
Houseflies transfer germs from rubbish and garbage to food

Dirty hands and utensils

How Communicable Diseases spread through Air?



How communicable disease spread through contact?



Communicable diseases spread through insects

FLIES/COCKROACHES

- Infects food which in turn causes **CHOLERA**

MOSQUITO BITE

- **MALARIA**
- **DENGUE**

PREVENT COMMUNICABLE DISEASES

Prevent

**Communicable
Diseases**

1. Personal belongings of patient to be kept separately

2. Boil drinking water and keep it in clean, covered containers

3. All food to be kept covered

4. Wash all utensils before using

5. Wash your hands before cooking, eating and after using toilet

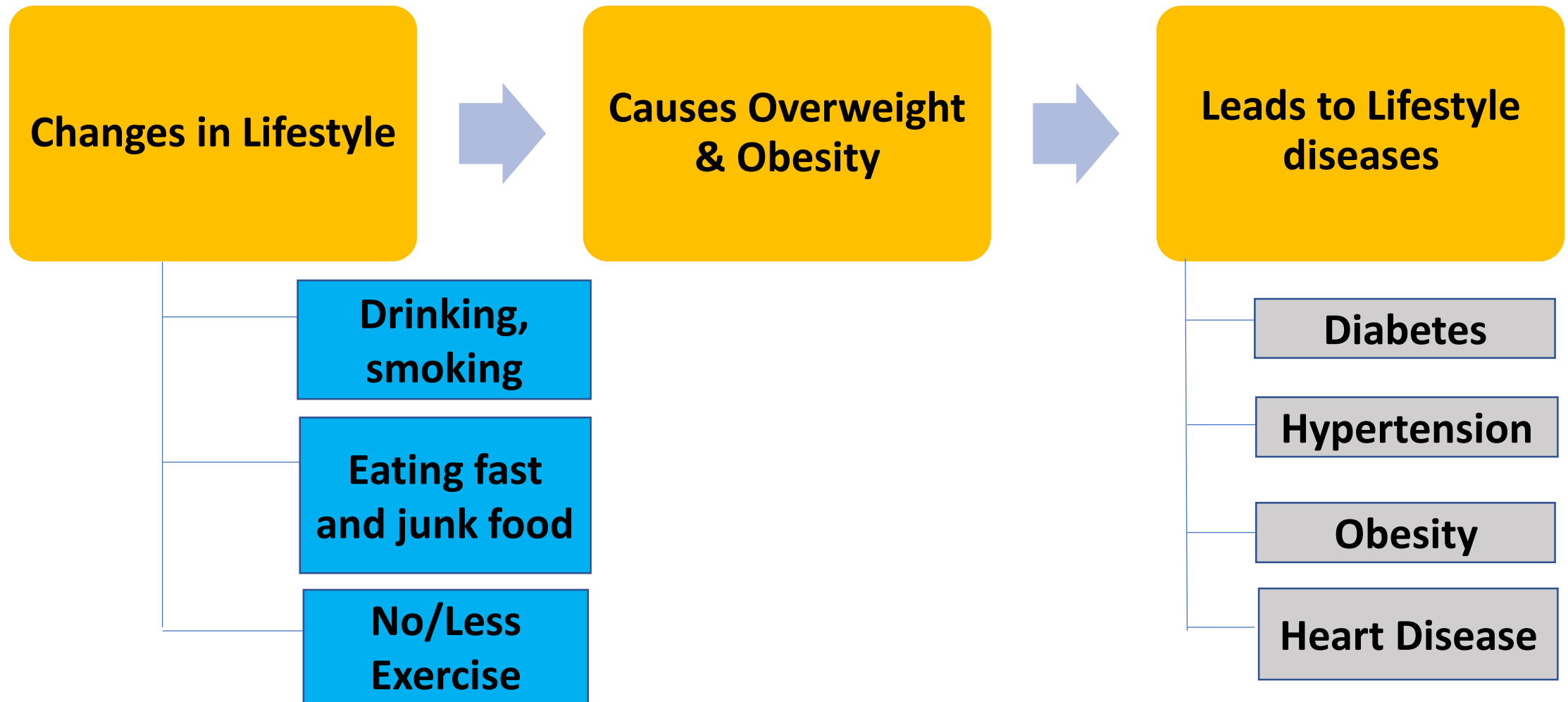
6. Have regular bath, nails cut, wash your hair regularly

7. Keep your house and surroundings clean

DIFFERENTIATE BETWEEN COMMUNICABLE AND NON-COMMUNICABLE/LIFESTYLE DISEASES

COMMUNICABLE DISEASES	NON-COMMUNICABLE /LIFESTYLE DISEASES
The diseases which spread from one person to another	The diseases which do not spread from one person to another
They are caused by germs and parasites	They are caused by faulty eating and living habits
They spread through food, water, air, contact and insects	They do not spread through food, water, air, contact and insects
The disease develops quickly after infection and do not last for a long time	The disease develops slowly and lasts for a long time
They can be cured with proper treatment	They can be controlled with preventive measures and treatment
Examples – Cholera, Typhoid, Malaria	Examples – Diabetes, Hypertension, Obesity

LIFESTYLE DISEASES



LIFESTYLE FACTORS

MODIFIABLE FACTORS

NON-MODIFIABLE FACTORS

**FOOD
HABITS**



PHYSICAL ACTIVITY

ADDICTION



STRESS

CAN BE CHANGED

HEREDITY



AGE



CANNOT BE CHANGED

PREVENTION OF LIFESTYLE DISEASES



Regular exercise
– Running,
Walking,
Dancing,
Yoga,
Cycling



PREVENTION OF LIFESTYLE DISEASES



Eat balanced diet
Eat fresh fruits
Drink plenty of
water



PREVENTION OF LIFESTYLE DISEASES

No
Smoking
No
Alcohol



Say No
to Junk
food



CARING FOR THE SICK AT HOME

1. CONSULT DOCTOR IMMEDIATELY



2. FOLLOW DOCTOR'S ADVICE



3. GIVE THE PATIENT A BALANCED DIET



4. KEEP PATIENT'S ROOM, CLOTHES AND UTENSILS CLEAN



COMMUNICABLE DISEASES

Name of disease	Mode of Spread	Symptoms	Incubation period	Management
Cholera	Food and Water	<ul style="list-style-type: none">• Sudden onset of severe, watery diarrhoea• Vomiting• Leg Cramps• Patient feels very thirsty	1-5 days	<ul style="list-style-type: none">• Give ORS• Give boiled water• Give fresh, easily digestible food
Typhoid	Food and Water	<ul style="list-style-type: none">• Severe headache• Fever with low pulse• Dry white coated tongue	14-21 days	<ul style="list-style-type: none">• Blood culture and other tests to be done• Give medication

COMMUNICABLE DISEASES

Name of disease	Mode of Spread	Symptoms	Incubation period	Management
Hepatitis (Jaundice)	Food and Water	<ul style="list-style-type: none"> • Fever • Dark yellow urine • Yellowish tinge in the eyes • General paleness • Loss of appetite • Abdominal discomfort 	20-35 days	<ul style="list-style-type: none"> • Give a carbohydrate rich diet • Rest
Influenza (flu)	Air	<ul style="list-style-type: none"> • Fever • Cold, cough, sneezing • Headache • Body ache • Nausea 	1-3 days	<ul style="list-style-type: none"> • Give medicines • Steam Inhalation

COMMUNICABLE DISEASES

Name of disease	Mode of Spread	Symptoms	Incubation period	Management
Tuberculosis	Air	<ul style="list-style-type: none"> • Cough • Loss of weight • Weakness • Rapid pulse • Chest pain • Breath odour 	4-6 days	<ul style="list-style-type: none"> • Give a balanced diet • Maintain hygienic conditions • Treatment
Pertussis (Whooping cough)	Air	<ul style="list-style-type: none"> • Inflammation of mucus membrane • Cough with whoop like sound 	7-12 days	<ul style="list-style-type: none"> • Complete isolation • Rest in well ventilated room

COMMUNICABLE DISEASES

Name of disease	Mode of Spread	Symptoms	Incubation period	Management
Malaria	Mosquito bite	<ul style="list-style-type: none"> • Fever, Nausea, Vomiting • Alternating chill and perspiration • Headache and body ache 	10-14 days	<ul style="list-style-type: none"> • Blood test • Give medicines
Tetanus	Wound exposed to dust or rusted item	<ul style="list-style-type: none"> • Restlessness, Headache • Fever • Stiff neck, Severe pain • Difficulty chewing and swallowing • Spasm of muscles of jaw and face • Bending of back in shape of bow 	4 days – 2 weeks	<ul style="list-style-type: none"> • Maintain hygiene • All wounds be washed

ORS – ORAL REHYDRATION SALTS

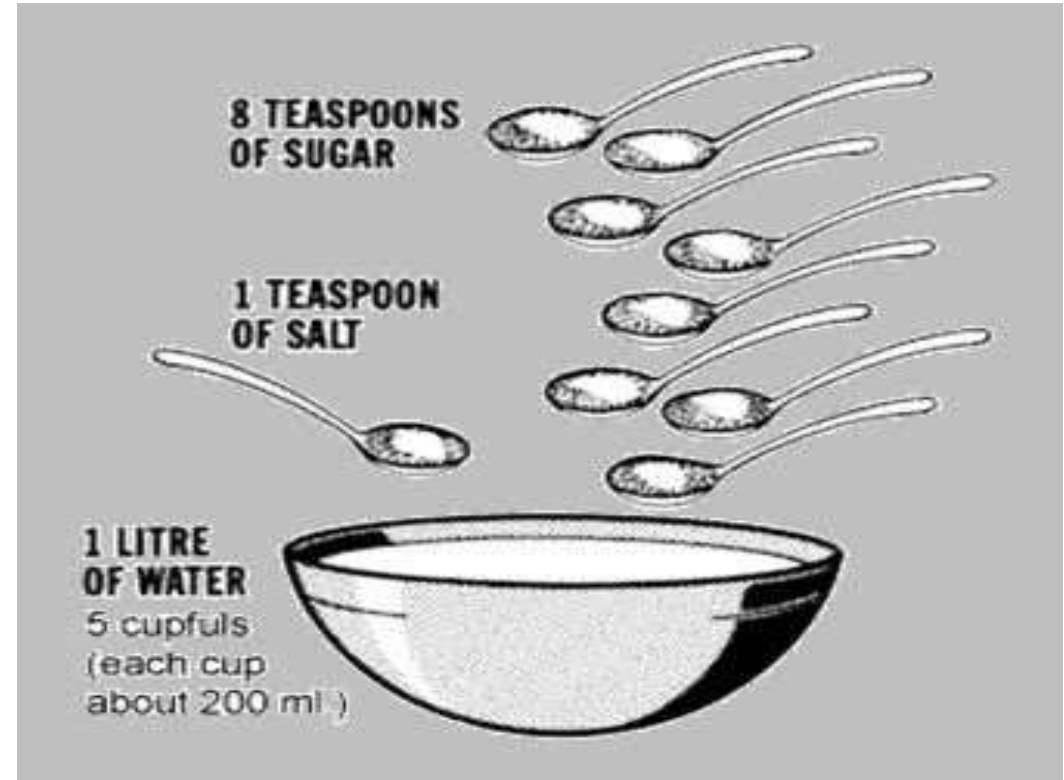
Steps to prepare ORS with ORS packet from a shop:

- **Purchase** ORS
- **Put** the contents of the ORS packet in a clean container
- **Add** water only
- **Mix** well

ORS – ORAL REHYDRATION SALTS

Steps to prepare ORS at home:

- Add 8 teaspoons Sugar and 1 teaspoon salt to 1 litre of water
- Allow the sugar and salt to dissolve
- Mix well



Acquired Immuno Deficiency Syndrome

- Communicable Disease
- Caused by HIV virus
- Reduced Immunity

HOW DOES AIDS SPREAD?

- ❖ Sexual Contact with an infected person
- ❖ Blood Transfusions
- ❖ Use of Infected Needles
- ❖ Infected mother to child during pregnancy or at birth

HOW AIDS DOES NOT SPREAD? ❌

DOES NOT SPREAD BY:

- Shaking hands ❌
- Water or Food ❌
- Through Air ❌
- Kissing on cheeks ❌
- Using the same toilet seat ❌
- Standing near to the infected person ❌

Preventive measures for AIDS

- ☐ Use protection during sexual contact
- ☐ Use sterilized needles for injections
- ☐ Get properly tested blood from registered blood banks

List of Volunteers

Embrace-NIOS lesson adaptation project

(A community initiative of Harchan Foundation Trust)

Mentors (Volunteers) : Banu Arjun, Hema Bhatia, Indumathi , Kalpana Sankar, Priya Balasubramanian, Renu Goyal, Sowmya Srikumar, Viraja.

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"volunteers don't necessarily have the time, they just have the **HEART**."

~ elizabeth andrew

Thank You
Volunteers.

CREDITS

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