

NIOS lesson adaptation project

By EMBRACE Volunteers

(A community initiative of Harchan Foundation Trust)

Chapter 8

Communicable and Lifestyle Diseases

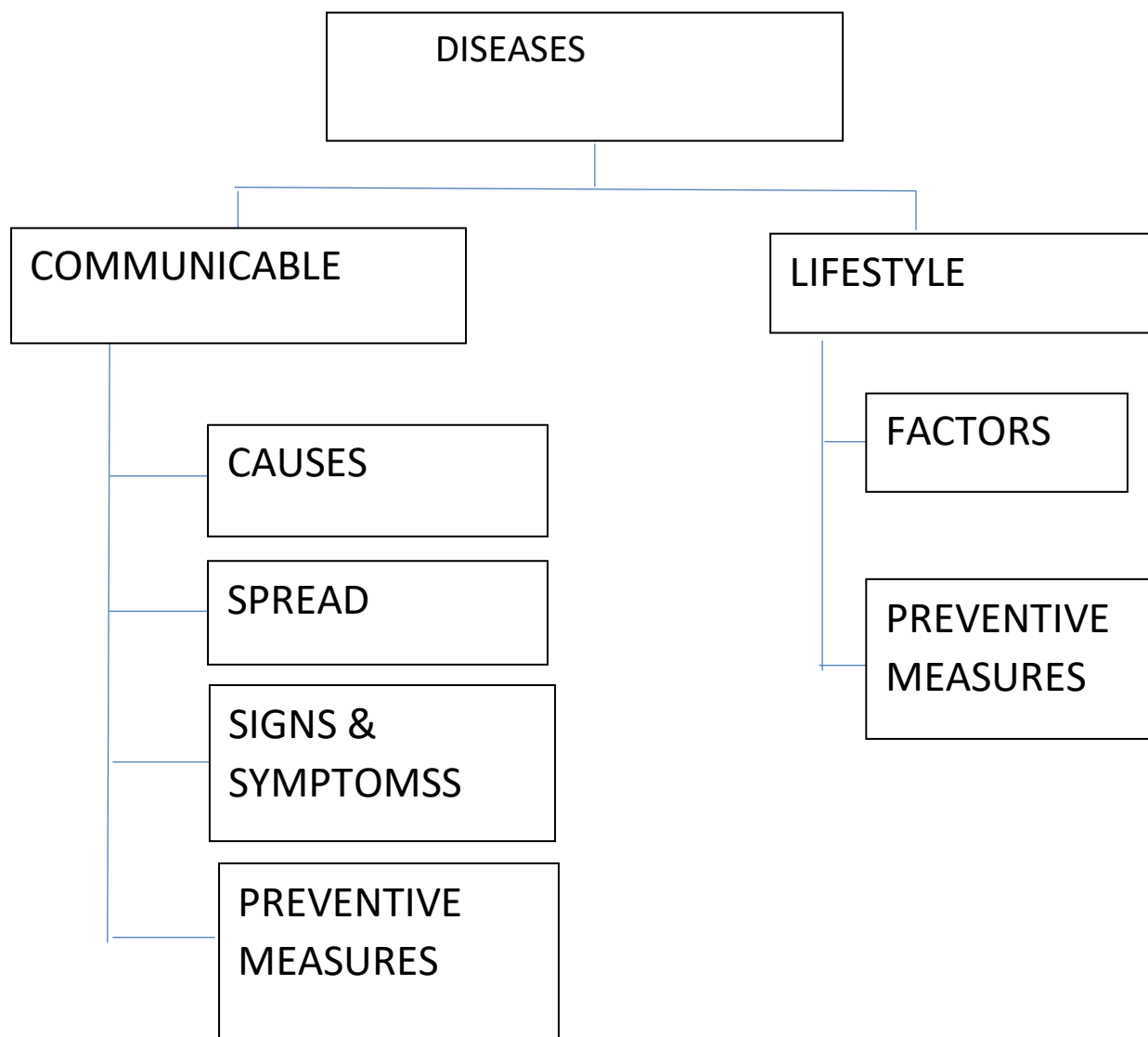
(Printable Version)

- **Simplified Lesson**
- **Previous Year Questions with Answers**
- **Terminal Questions**

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>.

LESSON 8

Communicable and Lifestyle Diseases



COMMUNICABLE DISEASES –

The diseases that spread from one person to the other are called Communicable Diseases.

CAUSES -

Germs & Parasites

Mode of spread –

- Food & Water – Example: Cholera, Typhoid, Hepatitis
- Air – Example: Influenza, Tuberculosis,
- Contact – Example: Common cold, measles
- Insects – Example: Mosquito bite, Dengue

Preventive Measures-

- Personal belongings of patient to be kept separately.
- Boil drinking water and keep it in clean, covered containers.
- All food to be kept covered.
- Wash all utensils before using.
- Wash your hands before cooking, eating and after using toilet.
- Have regular bath, nails cut, wash your hair regularly.
- Keep your house and surroundings clean.

Differentiate between Communicable and Lifestyle Diseases -

Communicable	Lifestyle
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-

The lifestyle diseases are caused by changes in lifestyle, long term and do not spread from one person to another.

Changes in Lifestyle

- Drinking, Smoking
- Eating fast and junk food
- No/Less Exercise

Examples – Diabetes, Hypertension, Heart Disease, Obesity

Prevention of Lifestyle Diseases-

- Regular Exercise – Running, Walking, Dancing, Yoga, Cycling
- Eat balanced diet.
- Eat fresh fruits.
- Drink plenty of water
- No smoking/ No Alcohol
- Say No to Junk Food

Caring for the sick at home-

- Consult Doctor immediately
- Follow Doctor's advice

- Give the patient a balanced diet.
- Keep patient's room, clothes, and utensils clean.

Preparing ORS at home-

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

AIDS – Auto Immune Deficiency Syndrome

Spreads by –

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

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

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
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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

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
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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

PREVIOUS YEARS QUESTIONS

1 Mark Question

1. A.I.D.S cannot be spread by

- a) Sexual Contact
- b) Infected Needles
- c) Shaking Hands
- d) Transfusion of infected blood

2. The mode of spread of typhoid is

- a) Infected food and water
- b) Coughing or Sneezing
- c) Mosquito Bite
- d) Sexual Contact with infected person

3. The gap of time between the entry of germs into the body and appearance of symptoms of the disease is called

- a) Immunity
- b) Incubation Period
- c) Infectious Period
- d) Lifestyle disease

4. Anti-bodies are produced by: [2 times]

- a) Red blood cells
- b) White blood cells
- c) Platelets
- d) Haemoglobin

5. A disease spread by mosquitoes is

- a) Cold
- b) Pneumonia
- c) Cholera
- d) Dengue

6. The mode of spread of tetanus is

- a) Food and water
- b) Air
- c) Wound due to rusted nail
- d) Mosquito bite

7. Yellowish urine and yellow tinge in eye is characteristic symptom of which disease? [2 times]

- a) Cholera
- b) Jaundice
- c) Typhoid
- d) Influenza

8. Water is safe for human consumption only when it is free from:

- a) Floating substances
- b) Unwanted smells

- c) Micro-organisms
- d) All the above

9. If a patient is suffering from dehydration he should be given:

- a) Fruits
- b) Vegetables
- c) ORS
- d) None of the above

10. AIDS can be spread by:

- a) Shaking hands
- b) Playing together
- c) Injected needles
- d) Water

11. Which of the following diseases can be caused by contaminated water?

- a) Tetanus
- b) Typhoid
- c) AIDS
- d) Chickenpox

12. Rice water faeces is a symptom of which disease? [2 times]

- a) Cholera
- b) Malaria
- c) Tetanus
- d) Diphtheria

13. Your younger brother has fever, cough, cold and body ache which disease is he suffering from?

- a) Tuberculosis
- b) Hepatitis
- c) Influenza
- d) Typhoid

14. If the antibodies are in less in your body -

- a) You will get stronger
- b) Your immunity will be good
- c) Your ability to fight disease will be less
- d) You will not become sick

15. Alternating chill and perspiration is a symptom of which disease?

- a) Dengue
- b) Malaria
- c) Typhoid
- d) Cholera

16. Cholera spreads through:

- a) Sexual contact with infected person
- b) Mosquito bite
- c) Coughing or sneezing
- d) Infected food and water

17. Which of the following disease is spread by insects?

- a) Diarrhea
- b) Dengue
- c) Hepatitis
- d) Cholera

2 Mark Questions

1. Mention two ways by which food can get contaminated.

Food can get contaminated by

- Unhygienic way of preparing, serving, and storing
- Dirty hands and utensils

2. Write the method of making ORS solution at home.

Step 1: Add **8 teaspoons sugar** and **1 teaspoon salt** to **1 liter of clean drinking water**

Step 2: Dissolve the sugar and salt

Step 3: Mix well

3. Define lifestyle disease. Name any two lifestyle diseases. [2 times]

Lifestyle diseases are the diseases caused by the way people live their life, they do not result from an infection and do not spread from one person to another. They last for a long time.

Examples of lifestyle diseases are diabetes, hypertension.

3 Mark Questions

1. Name any two diseases that occur due to our defective lifestyle. Suggest four ways by which we can prevent the occurrence of life style diseases.

Two diseases that occur due to defective lifestyle are diabetes and hypertension.

The ways in which we can prevent lifestyle diseases are:

- 1) Regular exercise like walking, yoga, dancing, aerobics, cycling
- 2) Take a balanced diet
- 3) Drink plenty of water
- 4) Avoid packaged and processed food

2. Enlist any three ways by which AIDS virus spreads rapidly.

- 1) Sexual contact with an infected person
- 2) Use of infected needles
- 3) Exchange of infected body fluids

3. What are three benefits of drinking adequate water every day?

- 1) Helps to digest food
- 2) Helps to remove the waste products from our body
- 3) Helps to keep body temperature constant

4 Mark Questions

1. Name any two lifestyle diseases. Give three ways by which we can prevent any one of them.

Two lifestyle diseases are diabetes and hypertension.

The ways in which we can prevent them are:

- 1) Regular exercise like walking, yoga, dancing, aerobics, cycling
- 2) Take a balanced diet
- 3) Drink plenty of water
- 4) Avoid packaged and processed food

2. What is the medium of spread of Tetanus? Give any three symptoms.

Tetanus spreads when wound is exposed to dust or rusted item.

Symptoms are:

- 1) Restlessness
- 2) Headache
- 3) Fever

3. What is ORS? How will you prepare it at home?

ORS is Oral Rehydration Salts Drink given when a patient suffers from dehydration.

To prepare at home:

- 1) Add 8 teaspoons of sugar and 1 teaspoon of salt to 1 liter of clean drinking water
- 2) Allow the sugar and salt to dissolve
- 3) Mix well

4. Write any four symptoms of Tuberculosis.

- 1) Persistent cough
- 2) Loss of weight and appetite
- 3) Excessive weakness
- 4) Rapid pulse

5. Your younger sister has severe diarrhea. Write four other symptoms when can confirm that she has cholera. What is the incubation period of this disease? What three points would you keep in mind while taking care of her?

Symptoms of cholera:

- 1) Vomiting
- 2) Cramps in the legs
- 3) Feeling thirsty
- 4) Faeces look like rice water

Incubation period is 1-5 days.

Taking care:

- 1) Give plenty of fluids
- 2) Give ORS
- 3) Give boiled water and fresh, easily digestible food

6. Write two symptoms of each of the following diseases:

(a) Tuberculosis

(b) Typhoid

Tuberculosis symptoms:

- 1) Persistent cough
- 2) Loss of weight and appetite

Typhoid symptoms:

- 1) Severe headache
- 2) Fever with low pulse

5 Mark Questions

1. Shyam is suffering from measles. Enlighten her mother about the symptoms of the disease. What kinds of care should be given to this patient?

Symptoms:

- 1) Cough
- 2) Fever
- 3) Runny nose
- 4) Red eyes
- 5) Sore Throat
- 6) Skin rash

Care:

- 1) Vaccine to be given
- 2) Medicines to reduce fever
- 3) Plenty of fluids
- 3) Rest

2. Rita is suffering from chicken pox. Give the main symptoms of this disease and the kind of care to be given to her.

Symptoms:

- 1) Diarrhea
- 2) Itchy skin
- 3) Skin Rash
- 4) Fever, Sore throat, headache, cough

Care:

- 1) Apply anti-itch lotions, like calamine
- 2) Avoiding sunlight and sunburn
- 3) Drinking lots of water
- 4) Get plenty of rest

TERMINAL QUESTIONS

1. Differentiate between communicable and non-communicable or lifestyle diseases?

Communicable diseases	Non-communicable 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	The disease develops slowly
They do not last for a long time	They last 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

- 2. Shazia went to a fair and had food that was exposed to flies and dust. The next day she had vomiting, diarrhoea, and cramps in her legs. What do these symptoms indicate? What steps will you take to manage the patient?**

These symptoms indicate Cholera.

Steps to manage the patient:

- 1) Give plenty of fluids
- 2) Give ORS
- 3) Give boiled water and fresh, easily digestible food

- 3. Life style diseases impose financial burden and slow down progress of the nation. Why?**

Lifestyle diseases last for a long time and need to be managed with proper treatment which needs money.

People who are young and productive are affected by lifestyle diseases which leads to reduction in productivity and so slows down the progress of the nation.

- 4. Write a slogan for each of the following-**

a.Importance of safe drinking water

“Drink safe water, Be Healthy”

b. Promotion of physical activity

“Exercise helps you to be FIT and HEALTHY”