

# Chapter 5 : Health and Hygiene

Health and hygiene are essential for a disease-free and active life. This chapter covers **diseases, prevention methods, first aid, and harmful substances** that affect human health.

---

## 1. Diseases

Diseases can be **communicable (infectious)** or **non-communicable (lifestyle-based or genetic)**.

### Communicable Diseases (Infectious Diseases)

| Disease                | Causative Agent        | Symptoms                        | Prevention                         |
|------------------------|------------------------|---------------------------------|------------------------------------|
| <b>Influenza (Flu)</b> | Virus                  | Fever, cough, body ache         | Vaccination, hygiene, avoid crowds |
| <b>Measles</b>         | Virus                  | Skin rashes, high fever, cough  | Vaccination (MMR), isolation       |
| <b>Malaria</b>         | Plasmodium (Parasite)  | High fever, chills, sweating    | Mosquito control, bed nets         |
| <b>Dengue</b>          | Virus (Aedes mosquito) | High fever, body pain, rash     | Prevent mosquito breeding          |
| <b>Chikungunya</b>     | Virus (Aedes mosquito) | Joint pain, fever, rash         | Mosquito control, hygiene          |
| <b>HIV/AIDS</b>        | Virus                  | Weak immune system, weight loss | Safe practices, no shared needles  |

- **Vector:** An organism (like mosquitoes) that carries and spreads disease-causing microbes.

### Prevention of Diseases

- ✓ Good hygiene (handwashing, clean surroundings)
  - ✓ Proper sanitation and safe drinking water
  - ✓ Vaccination to build immunity
  - ✓ Proper food handling and storage
-

## 2. Vaccination and Immunization

| Term                | Definition                                                                     | Example                                     |
|---------------------|--------------------------------------------------------------------------------|---------------------------------------------|
| <b>Vaccination</b>  | Introduction of weakened or dead pathogens to stimulate the immune system      | Polio vaccine, Hepatitis vaccine            |
| <b>Immunization</b> | The process by which the body becomes resistant to a disease after vaccination | Long-term protection against measles, mumps |

## 3. Harmful Effects of Tobacco, Alcohol, and Drugs

| Substance                         | Harmful Effects                                 |
|-----------------------------------|-------------------------------------------------|
| <b>Tobacco (Smoking, Chewing)</b> | Lung cancer, heart diseases, breathing problems |
| <b>Alcohol</b>                    | Liver damage, memory loss, addiction            |
| <b>Drugs (Illegal or Misused)</b> | Brain damage, loss of control, severe addiction |

## 4. First Aid

### Definition:

Immediate help given to an injured or sick person before professional medical help arrives.

### First Aid in Common Cases:

| Emergency              | First Aid Steps                                                            |
|------------------------|----------------------------------------------------------------------------|
| <b>Burns</b>           | Cool the burn with water, do not apply ice, cover with a clean cloth       |
| <b>Bleeding</b>        | Apply pressure with a clean cloth, raise the injured part                  |
| <b>Fracture</b>        | Keep the affected area still, do not move the bone, use a splint           |
| <b>Object in Eye</b>   | Rinse with clean water, do not rub                                         |
| <b>Unconsciousness</b> | Check breathing, place in recovery position, seek medical help             |
| <b>Poisoning</b>       | Do not induce vomiting, call emergency services                            |
| <b>Snake Bite</b>      | Keep the affected area still, avoid cutting the wound, seek immediate help |
| <b>Insect Stings</b>   | Remove stinger, apply cold compress                                        |

## Conclusion

Maintaining good hygiene, preventing diseases through **vaccination**, and providing **first aid** in emergencies are essential for a healthy life. Avoiding **harmful substances** like tobacco, alcohol, and drugs ensures long-term well-being! 🚑🩹💊

