

Science

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(Chapter – 13) (Why Do We Fall Ill)

(Class – IX)

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Question 1:

Why are we normally advised to take bland and nourishing food when we are sick?

Answer 1:

Infectious diseases show a lack of success of the immune system of the body. For the functioning of the immune system properly, sufficient nourishment and easily digestible food is necessary for a sick person.

Question 2:

What are the different means by which infectious diseases are spread?

Answer 2:

Infection causing microbes travel from patient to person through:

- (i) **Air:** Sneezing or coughing since little droplets are thrown which they reach another person through air. Example, common cold, pneumonia etc.
- (ii) **Water:** contaminated water carries disease causing microbes which cause infection on its usage. Example, diseases such as cholera.
- (iii) **Sexual contact:** Diseases such as syphilis or AIDS are transmitted by sexual contact from one person to the other.
- (iv) **Animals:** These are intermediaries, called vectors, transmitting diseases from a patient to the host. Example, mosquitoes (Female Anopheles mosquito) cause spread of malaria.

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Question 3:

What precautions could you take in your school to reduce the incidence of infectious diseases?

Answer 3:

- (i) Preventing over crowding classes,
- (ii) Providing safe drinking water,
- (iii) Cleanliness in the school premises and also in the classroom,
- (iv) Use of handkerchief or towel while an infected student is sneezing or coughing,
- (v) Use of clean toilets,
- (vi) Not to allow water to stagnate in school or around the school to avoid mosquito breeding,
- (vii) To get vaccinated whenever programmes are organized for inoculation against various diseases.
- (viii) Not eating food exposed to flies, mosquitoes etc.

Question 4:

What is immunization?

Answer 4:

Introduction of mild type of infection (microbes) or killed infectious microbes into the body by vaccination / by other means to activate the immune system against a particular infection / disease is called immunization.

Question 5:

What is the immunization programme available at the nearest health center in your locality?

Which of these diseases are the major health problems in your area?

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Answer 5:

Immunization programme

- (i) BCG vaccine against tuberculosis.
- (ii) Polio drops against polio.
- (iii) Vaccination against chicken pox.
- (iv) Vaccination against Hepatitis.
- (v) DPT vaccination against diphtheria, pertussis (whooping cough) and tetanus.
- (vi) Immunisation against measles.

Major health problems are (i) Hepatitis, (ii) Chicken pox, (iii) Tuberculosis and (iv) Tetanus