

1. How many times did you fall ill in the last one year? What were the illnesses?
 - (a) Think of one change you could make in your habits in order to avoid any of /most of the above illnesses.
 - (b) Think of one change you would wish for in your surroundings in order to avoid any of/most of the above illnesses.
- Ans.** This varies from person to person. Some people fall ill several times a year, while others do not fall ill at all. A person's immune system and hygiene-related habits play a major role in determining the person's health.
2. A doctor/nurse/health worker is exposed to more sick people than others in the community. Find out how she/he avoids getting sick herself/himself.
Ans. The following precautions must be taken by a doctor/ nurse/health worker.
 - (i) Wearing a mask when in contact with a diseased person.
 - (ii) Keeping yourself covered while moving around an infected place.
 - (iii) Drinking safe water.
 - (iv) Eating healthy and nutritious food.
 - (v) Ensuring proper cleanliness and personal hygiene.
3. Conduct a survey in your neighbourhood to find out what the three most common diseases are. Suggest three steps that could be taken by your local authorities to bring down the incidence of these diseases.
Ans. The three most common diseases are.
 - (i) Tuberculosis
 - (ii) Typhoid
 - (iii) JaundiceSteps to be taken to bring down the incidence of these diseases are.
 - (i) Proper disposal of sewage.

- (ii) Ensuring a supply of safe drinking water.
(iii) Providing a clean environment and preventing mosquitoes from breeding.
- 4.** A baby is not able to tell her/his caretakers that she/he is sick. What would help us to find out
(a) That the baby is sick?
(b) What is the sickness?
- Ans.** (a) The baby is sick can be determined by his/her behavioural changes such as constant crying of baby, improper intake of food, frequent mood changes, etc.
(b) The sickness is determined by symptoms or indications that can be seen in the baby. The symptoms include vomiting, fever, loose motion, paleness in the body, etc.
- 5.** Under which of the following conditions is a person most likely to fall sick?
(a) When she is recovering from malaria.
(b) When she has recovered from malaria and is taking care of someone suffering from chickenpox.
(c) When she is on a four-day fast after recovering from malaria and is taking care of someone suffering from chickenpox.
- Why?
- Ans.** (c) A person is more likely to fall sick when she is on a four-day fast after recovering from malaria and is taking care of someone who is suffering from chickenpox. This is because she is fasting during recovery, and her immune system is so weak that it is not able to protect its own body from any foreign infection. If she is taking care of someone suffering from chickenpox, then she has more chances of getting infected with the chickenpox virus and will get sick again with this disease.
- 6.** Under which of the following conditions are you most likely to fall sick?
(a) When you are taking examinations.
(b) When you have travelled by bus and train for two days.
(c) When your friend is suffering from measles.
- Why?

Ans. (c) You are more likely to fall sick when your friend is suffering from measles. This is because measles is highly contagious and can easily spread through respiration i.e., through the air. Thus, if your friend is suffering from measles, stay away from him otherwise you might easily get infected with the disease.