

Board – ICSE

Class – 9

Topic – Hygiene

1. Explain how do each of the following animals spread the diseases and how they can be controlled:

- (i) House fly
- (ii) Rats

Ans:

House fly: Houseflies are very common among all the disease carriers and occur in abundance in places which lack sanitation. They carry germs of diseases from the infected person's stool or vomit and discharge it to the food and drinks of a healthy person and thus spread the disease. Diseases like cholera, typhoid and amoebiasis are spread through houseflies.

Control:

- (i) Food must be kept covered.
- (ii) Proper sanitation in the kitchen should be maintained.
- (iii) Insecticides should be sprayed.
- (iv) Garbage should be discharged properly. Before discharge, waste material should be kept in a closed bin.
- (v) Drink boiled water.

Rats: Rats cause considerable damage to grains and household materials and spread diseases like plague and typhus fever. Bacteria causing plague are transmitted by rat fleas, which are external parasites on rats. After the rats die, the fleas attack man and carry on the infection. In addition, rats directly spread different diseases by contaminating food with the germs which they pick from dirty places.

Control:

- (i) Food materials must be kept covered.
- (ii) Cereal grains must be stored in rat-proof bins.
- (iii) Chemicals like zinc phosphide to kill rats may be used.

2. Explain how do each of the following animals spread the diseases and how they can be controlled:

- a) Mosquito

b) Cockroaches

Ans. Mosquito: Malaria in man is spread by Anopheles mosquito, while filaria is spread by Culex and yellow fever by Aedes. The disease germs are spread when the mosquitoes bite to suck blood. If a person is infected, the germs enter the mosquito with the blood. When such mosquitoes bite a healthy person, the germs are introduced into his body. This chain reaction continues.

Control:

- (i) Spraying insecticides to kill mosquitoes during its developmental stages.
- (ii) Elimination of small ponds and puddles to prevent breeding of mosquito.
- (iii) Spraying of kerosene on the surface of water to form a thin film and thus block O₂; this kills larvae and pupae.
- (iv) Biological control by introducing certain fish (Gambusia) in the ponds; this fish eats mosquito larvae.

Cockroaches: Cockroaches are abundant in places where darkness, warmth, dampness occur. They are commonly found in kitchens, storehouses, restaurants, manholes and sewers. Cockroaches spread dysentery, diarrhea, typhoid, cholera etc.

Control:

- (i) Spraying with DDT or other insecticides.
- (ii) Maintaining proper cleanliness of dark and damp places.

3. Explain what do you understand by personal hygiene?

Ans:

Personal Hygiene:

Cleanliness, healthy habits, physical exercise and tension-free life style, and proper rest and sleep form major aspects of personal hygiene.

Personal cleanliness involves care of the skin, hands, hair, teeth, eyes, ear, nose etc.

Taking daily bath keeps the skin clean and free of germs.

Under-garments must be changed and washed daily.

The hands must be cleaned with soap before eating,

Hair should be regularly washed and combed.

Brush your Teeth twice a day.

Healthy Habits:

- (i) Going to bed at a fixed time and getting up early.
- (ii) Taking food at regular hours.

- (iii) Regular bowel movement.
 - (iv) Avoiding indiscriminate spitting at public places.
 - (v) Smoking, drinking alcohol and consumption of drugs should be avoided.
 - (vi) Take Adequate sleep and rest.
- Regular exercise improves circulation of blood, muscles remain active and well-toned.

4. Personal cleanliness and cleanliness of the surroundings are important to good health. Give reasons.

Ans: Personal cleanliness and public hygiene are important as they help us

- (i) To prevent diseases
- (ii) To increase lifespan
- (iii) To improve health standards

5. What steps would you undertake to maintain social hygiene?

Ans: A number of steps need to be undertaken to ensure effective social hygiene. Some of these steps are listed below:

- (i) Provision of clean drinking water.
- (ii) Proper disposal of sewage and proper sanitation.
- (iii) Prevention and control of communicable diseases by
 - (a) Vaccination
 - (b) Medical aid and medicines.
- (iv) Prevention of air - and water pollution.
- (v) Providing green air spaces to check pollution and make fresh air available.
- (vi) Providing nutrition-education at community level.
- (vii) Providing family welfare education.
- (viii) Providing school health education