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DISEASE

AND INFECTION

A disease is the medical condition of the body or the mind being unwell. An infection is caused by the presence of disease causing organisms in the body. Illness or sickness is the suffering experienced when one gets a disease. Diseases cause illness.

How are diseases or infections spread?

Infectious diseases are diseases that can be spread or passed from one person to another.

Infections or diseases can be spread through:

1. Insects

Many insects are carriers of germs that cause diseases. The insects pass the diseases when they bite or when they come into contact with food or water. Malaria for example, is transmitted through mosquito bites. The hairy legs of flies like housefly can carry cholera or typhoid germs to our food. Diseases carrying insects and animals are called **vectors**.

2. Air

Air contains droplets of water, which may contain germs that cause disease. Disease germs in the mouth or nose can be removed from the body through the moisture breathed out, sneezed or coughed. Common cold, tuberculosis, whooping cough and diphtheria may be passed in this way.

3. Dirty food and water

Food or water that contains germs is said to be contaminated water or food. When such food or

water is taken by a healthy person, he/she may get sick. Typhoid and cholera are examples of sick that are transmitted in this way.

4. **Direct contact**

Some disease are spread through physical contact with sick people. Some diseases can also be passed indirectly by getting into contact with dirty things. Diseases passed by such contacts are said to be contagious. Small pox and tuberculosis can be spread through direct contact. Sexually transmitted disease are passed when people get into physical contact through sexual intercourse.

SEXUALLY TRANSMITTED INFECTIONS (STIs)

During sexual contact, diseases can pass from one person to another through the exchange of body **fluids**. Body fluids include blood, saliva, seminal and vaginal fluids. STIs (sexually transmitted infections) are also called STDs (sexually transmitted diseases) or venereal diseases. These are infections that are passed from one person to another through sexual intercourse. They mainly affect the genitals (sexual organs) some of the sexually transmitted infections disease are gonorrhoea

Newly born babies can contract STI from the mother during child birth or pregnancy

Control of sexually transmitted diseases

- abstinence
- Proper use of condoms.
- Infected people should not have sex until they are treated.
- married people should only have sex with their partners only

Mode of transmission of STIs

Through sex intercourse

• **Gonorrhoea**

Causative organ: bacteria or gonococci

Symptoms

Male

- . pain when passing urine
- pus comes out of penis

Female

- .a little pain when passing urine and pus from vagina
- pain in the lower abdomen, menstrual, she may become sterile
- pregnant mothers pass it to fetus leading to child's blindness
- Pus discharge from penis and vagina

Syphilis

Causative organism

Symptoms

- Sore on or in the genitals
- Rashes on the skin
- Pain in the joints, sore through, mild fever
- The infection in advance stage cause heart disease, blindness, insanity and death

HIV/ AIDS

HIV is an example of sexually transmitted diseases. It is caused by tiny things called **viruses**, which are much smaller than bacteria. The virus destroys the body's protective or defensive systems by invading and killing the **white blood cells** also known as soldier of the body.

HIV stand for:

- Human – the virus attacks humans
- Immunodeficiency – the germ destroys people immunity or ability to fight disease
- Virus – the disease – causing germ is virus.

HIV cause AIDS.

AIDS stands for

Acquired immune Deficiency syndrome

- Acquired – got from
- Immune – protection against
- Deficiency – lacking
- Syndrome - meaning a number of signs or symptoms, which collectively suggest an illness.

AIDS is a killer disease.

Methods of HIV/AIDS transmission

How does a healthy person get HIV?

HIV is transmitted in any of the following methods:

- i) Sexual intercourse
- ii) Blood transfusion
- iii) Mother to child
- iii) Through use of un-sterilized instruments

(i) Sexual intercourse

Exchange of body fluids occurs during sexual intercourse. Semen from the male and vaginal fluids from the female comes into contact at this time. As the fluids are exchanged, HIV found in the body fluids of the infected person, is passed from the sick person to the healthy person.

Wife inheritance is a traditional or cultural practice in some societies where a widow is inherited by a relative to act as his wife. If the widow has HIV, then she easily spreads it in such situations through sexual intercourse.

(ii) Blood transfusion

Sometimes a sick person or an accident victim may require more blood. In such cases, the

doctor may direct that the patient be given more blood. Adding blood to a needy person or patient is called blood transfusion. Blood from the body of a person with HIV should not be transfused as such blood contains the HIV virus. If infected blood is transferred to the patient the patient is infected with HIV.

(iii) Mother to child

When a woman is pregnant, the fetus or unborn child gets nutrients and oxygen from the blood of the mother through the placenta. The fetus also eliminates its waste products through the placenta of the mother. During these exchanges, the HIV virus cannot be passed from an infected mother to the fetus. A child born to an infected mother I however may also be infected with HIV during or after birth. Immediately after birth, a newly born child is connected to his/her mother by the umbilical cord, which formally was the feeding line between the fetus and the placenta. If care is not taken when cutting the umbilical cord, the HIV infected mother may transmit the virus to the child.

During its first six months of life, the child is too young to feed on anything else apart from breast-milk. So an infected mother who breast-feeds her healthy child can infect the child with HIV through breast feeding.

(iv) Through use of un-sterilized instruments

This can happen in various situations for' example:

- Medical institutions where a syringe and needle, razor blades or other cutting instruments are used on] different people without sterilization. Tooth extraction instruments are also dangerous if used without being sterilized, on more than one person.
- Cultural or traditional practices using the same instruments on many people, for example removal of the prepuce, circumcision, traditional birth using one knife on many mothers, ear piercing and tattooing and some burial practices like shaving the hair with the same instrument.
- Among drug abusers when they share syringes and needles to inject drugs into their bodies.
- Sharing of toothbrushes, razor blades and other sharp instruments.

- During birth when cutting the umbilical cord, If the umbilical cord is cut with the same instruments that have been used on someone with HIV, the newborn baby or the mother can be infected with HIV.

What is sterilization?

Sterilization is making something completely clean and free from living microorganisms through boiling or heating. Syringes, needles and blades can be sterilized in this way.

Other methods of sterilizing are; treating the instruments with steam, heating on an open flame or immersing in domestic bleach, Or sanitizer.

HIV/AIDS is not spread or transmitted through:

- i) eating food from the same plate with infected people.
- ii) breathing air in the same room with infected people.
- iii) Casual contact with the infected for example, shaking hands, playing together and even hugging.
- iv) Mosquito bites.
- v) Sharing baths, showers, toilets, public transport, classrooms or even swimming pools.

Stages of development of HIV/ AIDS infection

After becoming infected by HIV, the disease may take a long time to show symptoms. Therefore, some people who appear healthy may be infected by the HIV virus which keeps on increasing or advancing.

- **The window stage** - This is the period immediately after the HIV gets into the body of a person. The person still looks healthy and if a test is carried out, no HIV infection may be traced. A person in this stage can infect others. In the person's body the white blood cells are being destroyed, therefore gradually weakening the body's defense system against diseases.

- **Asymptomatic stage** - The infected person looks healthy but when tested, the presence of HIV may be detected in the blood. The victim therefore tests HIV positive.
- **Poor health or sickly stage** – The infected person starts suffering from many different minor ailments that come and go. These ailments include coughing, tuberculosis, skin ailment, mouth sores and diarrhea. Outwards, the victim may still appear healthy.
- **AIDS stage** -The infected person suffers from many opportunistic diseases that do not seem to go away even though the patient is under medication. The person suffers from vomiting and diarrhea, tuberculosis, coughing, skin rashes, mouth sores and many other diseases which are collectively referred to as the AIDS disease, the person is much weaker and needs assistance to do most things.
- **Death** - These many diseases (AIDS) finally overwhelm the body which succumbs to death.

HIV testing

The test for HIV is done on the blood. The test looks for the body's reaction to the invading HIV. This is a cheap, reliable and accurate way of finding out whether one is healthy (HIV negative) or infected (HIV positive). The only problem is that if a person is newly infected, between 3-6 months, the HIV may not have shown itself though it is inside the body and hence cannot be detected easily. People in this stage, which is referred to as the window period, are very dangerous because they think they are HIV negative and thus can infect many innocent people if they have sex or involve themselves in other risky behaviors with healthy persons.

HIV test doesn't tell whether one has AIDS or not, but it tells one if they are infected with HIV. It tells somebody their HIV status, whether HIV positive or HIV negative

What does it mean if a person tests?

HIV positive

If a person tests HIV positive:

- The person is infected with HIV and can spread the virus to others during sex, through pregnancy, child birth, breastfeeding or if they donate blood which is then transfused into a healthy person.

The person may develop the AIDS disease in future (within 3 to 8 years of infection, for most people),

What does it mean if a person tests HIV negative?

If a person tests HIV negative:

- The individual has not been infected with or exposed to the HIV virus.
- The individual may be infected but they are still in the window period where the virus cannot be detected yet.

It is advisable to take another test five months later to ensure that one was in in the window period.

Effects of HIV/AIDS

HIV/AIDS affects different levels of the society. It affects people as individual people as a family and people as a nation

Effects on the individual

1. A person may be angry, be in denial and shock which could lead to depression.
2. One may suffer from various disease one after the other leading to poor health.
3. Someone may be deserted by friend and family.
4. It may lead to discrimination eve at places of work. It may also lead t loss of job in some places.

Effects on the family

1. The family members may be angry.
2. More money may be spent on the patient, thereby reducing the norm; family budget.
3. The family may face a lot of hardship if the whole family depended on the patient for their daily basic needs.
4. When the victims die, children are left as orphans.
5. Elderly family members are burdened with the care of young children.
6. In some cases very young children are left to fend for themselves.

Effects on the nation

1. Hospital space and bed capacity in the hospitals may be reduced a majority of those infected occupy the hospitals.
2. Most of the medicine budget is spent on AIDS related drugs therefore there is very little money left to take care of other killer disease such as malaria and tuberculosis.
3. The nation faces an increase in the number of orphans and eventually of street children.
4. The country loses the young professionals, for example doctors, teachers, engineers, due to HIV AIDS.

CARE AND SUPPORT OF PEOPLE INFECTED WITH HIV/AIDS

People infected with HIV/AIDS need care and support such as:

Love and care

People living with HIV/AIDS should be accepted in the society. They should not be looked down upon. We can show love to such people through:

- Spending time with them
- Listening to them
- Comforting and consoling them.
- Serving them food and giving any other help when they cannot move about,

- Washing their clothing and beddings
- Constantly visiting them,
- Nursing them by giving them medicine, reminding them when to take medicine and washing the things they use to take medicine,
- Encourage them to go to hospital and even accompanying them.
- HIV/AIDS should not break up relationships between friends or family.

Medical care

People living with HIV/AIDS should:

- Take medicine and should strictly follow the doctor's instructions,
- Avoid smoking and drinking alcohol,
- Have plenty of rest, since the body needs extra rest,
- Be active and engage in activities like visiting friends or reading story books to avoid depression which may be caused by being idle,
- Avoid risky behavior that may lead to more infections related with HIV/AIDS and go for treatment from qualified health workers or doctors.

Adequate diet

- An infected person should:
 - Have a balanced diet with
 - Body building and repair foods such as peas, beans, eggs, meat, fish, groundnuts among others.
 - Energy giving foods such as cassava, rice, maize, bread, potatoes.
 - Protective foods with vitamins and minerals such as fruits and vegetables
- Avoid alcohol and cigarettes.
- Try to eat when they do not have the appetite. They should take small quantities of food but eat more often.
- Take liquid foods, especially if the HIV/AIDS patients have wounds in the mouth.
- If a person has diarrhea, he/she needs to take lots of drinks like plenty of water, juice, milk, etc. It is better to take the oral rehydration solution (ORS). **Oral rehydration solution** is water with some salts. A salt sugar solution (SSS) can also be taken. After every diarrhea. A patient should take one full cup of the drinks

1. Washing their hands with soap and warm water after visiting the toilet.
2. Eating properly cooked food.
3. Drinking boiled or treated water and
4. Living in clean surroundings such as:
 - a clean compound with rubbish burnt often to keep away flies
 - Using the latrines and toilets well all the time and covering the pit latrines after use.

Prevention of HIV/AIDS transmission

What is meant by prevention of a disease?

Prevention of a disease is taking steps to ensure that people who are not infected remain in that healthy state.

HIV transmission can be prevented through:

- abstaining from sex until after marriage,
- Married people should avoid having sex with other partners and be faithful to their spouses,
- persons who handle blood and other body fluids for example doctors and nurses should put on protective gear such as gloves,
- People who are taking care of HIV/AIDS patients, the soiled, blood stained or dirtied clothes and sheets or any other linen should handle them with gloves. These materials must be washed with plenty of soap and water then hung to dry in the sun. The radiation from the sun and dry conditions easily kill the HIV germs.

One should also avoid habits such as:

- Sharing personal items like tooth brushes, razorblades, or instruments used for ear piercing, nose piercing tattooing.
- Bad company or peers, who may lead to such risky behaviors as sexual intercourse, drug taking (sharing) a syringe for instance) and alcohol drinking. When one is under the influence of drugs or is drunk, one not able to say no to sex.
- Walking in isolated places. This may expose one to rape and it may lead to HIV transmission.
- Being in tempting situations that may encourage sex or even rape. Should an unfortunate case of rape happen go for HIV test to ascertain you condition.
- Using unsterilized medical equipment and any traditional instruments that are used on many people.
- It is however recommended that, medical personnel use disposable equipment, which are used

only one on one person and then disposed of.

- blood to be used for blood transfusion should be screened thorough!; Infected blood should be disposed of

HIV/AIDS control

What do we mean by the term disease control?

Control of a disease is taking measures to ensure that a disease does not spread to the uninfected.

Some ways of controlling HIV from spreading include:

a) Mass education

Mass education refers to passing HIV information to many people at the same time in an organized manner. Mass education can be conducted through public rallies or barazas, group meetings, seminars, workshops, pamphlets, booklets, Newsletters and brochures, drama, games and shows (video and film).

b) Campaigns through various media

To campaign is to carry out a planned or organized action to pass information to a large number of people. Campaigns on the dangers and spread of HIV/AIDS can be done using mass media outlets such as radio, television, newspapers and public film shows.

c) Creating public awareness on HIV/AIDS

This can be done through organizing events where people learn about HIV/ AIDS.

Myths and misconceptions about HIV/AIDS

What are myths?

Myths are false beliefs. It means believing in things that do not exist or that are not real. Myths also mean stories that are passed down from old times or from old people to young people. The stories contain the beliefs of the community.

What are misconceptions?

Misconceptions are wrong ideas about something.

Some of the myths and misconceptions in various communities about HIV/AIDS are

- HIV/AIDS is a curse, spell or punishment for doing things that are taboo in the community.

Taboos are behaviors that are prohibited in society.

- HIV/AIDS is brought about by witchcraft.

Failure to inherit a dead relative's wife leads to a curse that develops into HIV/AIDS.

Some herbs can cure HIV/AIDS. Some traditional customs like tattooing (making patterns or pictures on the skin) or scarification (forming scars on the skin) can cure AIDS when the bad blood that carries the disease is poured out of the body to the ground.

A widow must be cleansed by having sex after the death of her partner. Failure to perform the sexual act results into a curse which may develop into HIV/AIDS

If all members of an age group are not circumcised using the same instrument, this will weaken the age group bond.

A mosquito can transmit HIV from an infected person to a healthy person.

One can contract HIV/AIDS if they shake hands with or hug an infected person.

Sharing drinks and food with an infected person will spread HIV to the uninfected.

A witchdoctor can perform some traditional rites using a concoction of herbs to lockout HIV/AIDS from a homestead and thus prevent the disease from infecting any close members of the family.

People with the 'wicked-eye'¹ can easily be witch a person who then contracts HIV/AIDS.

Somebody can only contract HIV/AIDS from prostitutes (also called commercial sex workers) but cannot contract HIV/AIDS from certain groups of people such as small children, disabled people, or virgins.

If one has contracted HIV/AIDS and has sex with a young child, they will be cleansed and be

cured from HIV/AIDS.

COMMUNICABLE DISEASES

Communicable diseases are diseases that can be passed from one person to another. The most common communicable diseases are malaria tuberculosis (TB). The methods of transmission prevention and control, symptoms and signs are shown in the table below.

Disease	Transmission	Symptoms	Control
Tuberculosis (TB)	<ul style="list-style-type: none"> • through inhaling air that has TB bacteria • Drinking unboiled milk from an infected animal. 	<ul style="list-style-type: none"> • mild fever shown by a rise in temperature • sweating night • Coughing, • Loss of weight and increased weakness • pain in the chest and upper back • coughing blood 	<ul style="list-style-type: none"> • Thoroughly washing your handkerchief with soap and hot water. • seeking treatment immediately you notice any signs of disease • making sure that sick people finish the medicine prescribed by the doctors. They should take the full dose of medicine. • Immunizing babies with the BCG vaccine immediately after birth before going to school.
Malaria	<ul style="list-style-type: none"> • by the bite of a mosquito which has bitten sick person who is suffering from malaria 	<ul style="list-style-type: none"> • fever • Chills • Sweat • Headache • Vomiting <p>Body and joint aches tiredness/ weakness</p>	<ul style="list-style-type: none"> • treating sick people immediately with the right dose of anti-malaria drugs • clearing and draining stagnant water • pouring oil, on stagnant water to kill mosquito larvae. • spraying homes and surrounding with insecticides • sleeping under mosquito nets • treating mosquito nets with insecticides

			• . applying mosquito on exposed parts of the body
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Immunization

Immunization is giving medicine to protect the body against certain diseases. Protecting the body makes the body resistant to the particular diseases. The medicine is given in form of a vaccine.

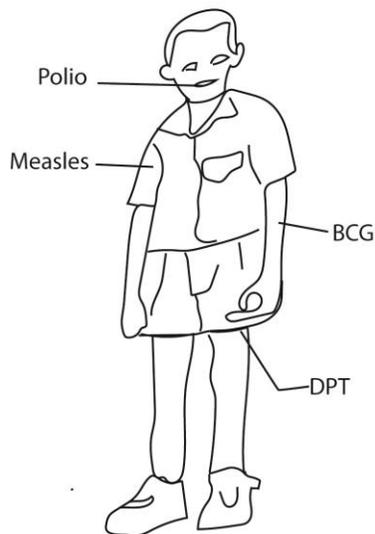
The vaccine helps the body to fight and kill the organisms that cause diseases. The action of giving a vaccine is called **vaccination**. Vaccination can be administered by injections. Injection is introducing the vaccine into the body by using a needle mounted on a syringe. When a vaccine is given through the mouth we call it oral vaccination. A vaccination timetable is shown on the table below.

Disease	Vaccine	Age at vaccination	Method of vaccination
tuberculosis (TB)	BCG	at birth	injection
polio	OPV	at birth, 6 weeks, 10 weeks, 14 weeks	oral
diphtheria, tetanus, whooping cough, - hepatitis B, meningitis	DPT/HepB/HIB	6 weeks, 10 weeks, 14 weeks	injection
Measles	Measles	9 months	injection
yellow fever	yellow fever	9 months	injection
•Vitamin A deficiency	vitamin A	6 months	oral

tetanus	tetanus toxoid (T.T)	3 months, 5 months, 9 months, booster at 4 years of age, then at 10-year intervals	injection
typhoid	typhoid	6 months	injection

NB. A child can obtain passive immunity from mothers' breast milk

Parts immunised by a child's money



Measles

Measles is a very contagious disease caused by a virus. It spreads through the air when an infected person coughs or sneezes.

Measles starts with a cough, runny nose, red eyes, and fever. Then a rash of tiny, red spots breaks out. It starts at the head and spreads to the rest of the body.

Measles can be prevented with MMR vaccine. The vaccine protects against three diseases: measles, mumps, and rubella. CDC recommends children get two doses of MMR vaccine, starting with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age. Teens and adults should also be up to date on their MMR vaccination

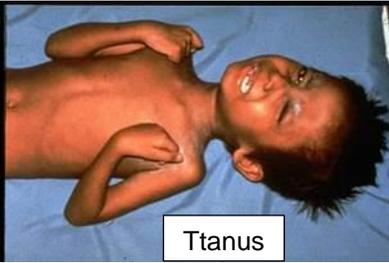


Tuberculosis

The vaccine for tuberculosis is called BCG is given at birth on the left lower arm between the elbow and the wrist.

Tetanus

It is also called **lock jaw** because it causes stiffness of joint especially joints of the jaws. It is caused by bacteria found in soil and enter our bodies through open wounds, and cuts.



Poliomyelitis/ Polio

It is caused by a bacteria, it attacks the nerve system and muscles causing paralysis in some parts of the body like arms and legs.

The vaccine is administered through the mouth at birth.



Diphtheria

It is caused by a bacteria

It causes breathing problems and affects the throat of children below ten years.

The neck swells with rashes on the skin.



Whooping cough/pertussis

It is caused by a bacteria which spreads through air

Cough lasts for weeks or months and may kill the child

Types of immunity

- **Active immunity** occurs when our own immune system is responsible for protecting us from a pathogen.

Active immunity is acquired through

- (i) Suffering from disease and curing from it or;
 - (ii) Vaccination
- **Passive immunity** occurs when we are protected from a pathogen by immunity gained from someone else such as a baby may gain passive immunity

Revision question and answers

- How AIDS is be transmitted from mother to unborn baby.
During child birth
- What vector (animal) carries bubonic plaque germs?
Rat
- Pregnant women are advised to receive immunization against tetanus. What is the importance of this immunization to unborn baby?
Protects the child against tetanus at birth.

- In the table below, some of the diseases are given below with their symptoms and prevention/controls. Study it and answer the missing information.

Name of disease	symptoms	Prevention/control
Sleeping sickness	Loss of body weight, drowsiness, swelling in the Joints	Clear bushes Spraying tsetse fly Use tsetse fly traps
Common cols (flu)	Headache Running nose	Isolation, avoid infected people
Measles	Rash on the body, high fever, cough, red eyes, sore in mouth, diarrhea and vomiting	Isolation of infected person Immunization
Trachoma	Mild redness and itching of the eyes, pus in eyes after sleep, scarring	Washing of eyes, avoid sharing articles with sick person, e.g. basin, towel, medical treatment

- How can a person become infected with tetanus?
Through rotting wounds
Through cuts
- What is the difference between the organism that cause the AIDs disease and that of gonorrhoea?

AIDS is caused by a virus while gonorrhoea is caused by a bacteria

- State any two ways of acquiring immunity.
Artificial immunity through vaccination
Natural immunity through colostrum
Suffering from disease and recover from it
 - Apart from the six killer diseases, state any one other disease where one can acquire immunity.
Hepatitis
Meningitis
Yellow fever
Typhoid
- Why is it not possible to acquire immunity against AIDs disease?
- Because AIDS virus attacks white blood cells which weaken immunity of a person
- The AIDS virus has very many forms that it is difficult to develop immunity to very many forms
- Why is it advisable to cover your mouth with handkerchief when sneezing?
To prevent transmission of germs in the air
- State one way in which a family can avoid the spread of tuberculosis.
Avoid smoking
Not sharing cups and plates with infected person
Take treatment in the right way

10. (a) Name any two immunizable diseases caused by bacteria.

Tuberculosis
Polio
Measles
Tetanus
Whooping cough
Mumps

- (a) State two uses of Health cards

To know the weight of the baby
To know the sex
To know the date of birth
To know which vaccines already given
To monitor child's growth

11. Give one sign of syphilis.

Sores on the private parts
Swollen joints
Painful urination

12. How does leprosy spread?

Through body contact with infected person
Through nasal secretion for infected person

13. Give any one way in which a child can acquire immunity against a disease without being given a vaccine.

By suffering and recover from the disease
Through breast milk.

14. (a) Give two ways in which you can prevent malaria in your home?

Sleeping in mosquito insecticide treated nets
Draining stagnant water
Slashing around the house
Spraying the house with insecticides

- (b) Suggest two reasons why HIV/ AIDS infection tends to be more common among female adolescents than in the male adolescents?

They mature faster than male and desire sex earlier
They receive infected sperms

15. (a) What type of immunity does a child get in each of the following

- (i) From mother to child.

Passive immunization

- (ii) After immunization

Artificial immunization

- (iii) After suffering from a disease like measles?

Natural immunity

- (b) Why should a pregnant mother be immunized against tetanus?

To prevent her and her child from getting tetanus at delivery

16. When measles attack a child, there are signs and symptoms:

- (a) Give an example of:

- (i) a sign of measles

Skin rash
Painful eyes
Flue like symptoms

- (ii) a symptom of measles

High fever
Mouth sores
Pneumonia

(b) In which way can measles can be prevented from attacking a baby?

By vaccination

(a) Why is it important to give a child suffering from measles plenty of fluids to drink?

To replace water lost by evaporation due to fever

17. (a) Name one practice which increases the spread of bilharzia.

Swimming

Urinate in water

Defecate in water

(b) Which vector is important in the spread of bilharzia.

snail

(c) Give any two ways of preventing the spread of bilharzia.

Avoid swimming in river and ponds

Proper disposal of wastes

Treatment of infected persons

Clearing stagnant water

18. How can a child acquire artificial immunity?

Through vaccination

19. Complete the table below which shows some disease and how they are spread among people

Disease	How it is spread
(i) Gonorrhoea	Having unprotected sex
(ii) Rabies	Infected dog bite
Tetanus	Through dirty wound and cuts
(iv) Tuberculosis	Through air by coughing

20. The table below shows part of child's immunization card. Use it to answer question (a) to (d) below

	1	2	3
BCG	12/8/88	16/12/88	
POLIO	11/8/88	16/12/88	13/01/89
DPT	11/8/88		13/01/89
MEASLES	9/5/89	COMPLETED	

(a) When was this child born?

12/8/88

(b) Give a reason to support your answer in (a) above

BCG is given soon after birth

(c) At what age was the immunization completed?

9 months

(d) Give a reason for your answer in (c) above

9 months is difference between the dates of completion of vaccination and that of commencement of vaccination

21. Suggest one possible reason why immunization of children is emphasized in Uganda.

To protect children against the killer diseases

22. Some diseases can be treated without the use of drugs.

(a) Give an example of such a disease

Flue

Rickets

Kwashiorkor

(b) How would you treat the disease you have named in (a) above?

Flu by eating fruit and drinking a lot of juice

Rickets by giving foods rich in vitamin K and calcium

Kwashiorkor by giving proteins

23. Give one sign which is common between the people suffering from tuberculosis (TB) and those from AIDS.

- Constant fever

- Chronical cough

- Loss of weight

24. Give any one reason why parents should take their children for immunization.

To protect then them against the killer diseases such as measles, TB, polio

25. Give any one practice in a home that would help in the control of malaria

- sleeping in insecticide treated nets

- draining stagnant water

- slashing around the house

- spraying with insecticide

26. (a) Name any one disease that is immunized against at birth.

Polio, tuberculosis

(b) Which site on the body is measles immunization usually given?

Left upper arm

(c) Why are pregnant women immunized against tetanus?

To protect the child and mother against tetanus at birth

(d) How does tetanus get into our bodies?

Through rotting wound

Through cuts

27. 21. How can the school health committee tell whether a child is already immunized against Tuberculosis without referring to the Child- Health Card?

By checking for a scar on the right hand

28. (a) What are communicable diseases?

Diseases that can be got from another person such malaria

(b) Give any two examples of communicable diseases.

(i) **malaria**

(ii) **flue**

(iii) **cough**

(iv) **scabies**

(v) **small pox**

(c) State any one practice in a community that would help in the control of communicable diseases.

Proper sanitation

Proper disposal of wastes

Avoid sharing clothes

29. Give any two ways of controlling the spread of the following diseases without using drugs

(a) AIDS

(i) being faithful to the partner

(ii) abstinence

(ii) using condoms during sexual intercourse

(b) Malaria

(i) Sleeping in mosquito insecticide treated nets

(ii) draining stagnant water

30. (a) What is the importance of taking children for immunization?

To improve their immunity against the killer diseases such as measles, tetanus.

(b) Which vaccine is given to the child in the mouth at birth?

Polio vaccine

(c) Give any two ways in which the child's health card is important to the parents

(i) Give information of the birth day of the child

(ii) Enable the child to monitor child's growth

(iii) Enables the parent to know the when to immunize

31. How does immunization promote health in a child?

Protect the child from killer diseases such as tetanus, TB.

32. What is the main cause of fainting?

Shortage of blood supply to the brain

33. Give any one activity that can be done at home to control the spread of malaria.

Sleeping in insecticide treated nets

Removing stagnant water

Slashing around the house

34. (a) In which way is a person who HIV positive different from the one who has developed AIDS?

A person with HIV show no sign of the disease while a student with AIDS has signs like cough, skin rash, fever, loss of weight.

(b) Suggest any two reasons why the injured part with a burn or scald is dipped into cold water.

To cool the burnt place

To minimize the effect of the burn

(c) Give any one way of a voiding burns while lifting hot objects.

Use pieces of paper or cloth

35. How does fish help in controlling the spread of malaria?

Feed on mosquito larvae reducing mosquitoes

36. Mention any one way in which communicable diseases are spread.

Direct contact between an infected person and a health person.

Sharing clothes, towels, bedding

Shaking hands

Taking in breath from infected person

37. How does boiling of water help in the control of typhoid.

It kills typhoid germs

38. How is TASO (The Aids Support Organization) useful to HIV/AIDS victims?

Provide counselling and guidance

Provide free treatment to HIV and AIDs victims

Provide food rich in nutrients free to HIV victims

39. Apart from getting medical treatment, write any other piece advice you can give to a friend suffering from flu.

Take a lot of fluids

Take enough rest

Go to a health personnel

40. State an immunizeable disease which enters our bodies through cuts and wounds.

Tetanus

41. Why is immunization of children carried out free of charge in Uganda?

to enable all children be protected from the killer diseases

42. Write one reason why people working in dirty areas should wear gumboots.

To prevent cuts to the legs

The prevent entry of germs

To prevent acquisition of worms

43. (a) Name the germ that causes gonorrhoea

Gonococci

(b) Give one sign of gonorrhoea infection in a newly born baby

Blindness

White discharge in the eyes

(c) How does gonorrhoea infection increase the chances of a person getting HIV/AIDS?

It weakens the white blood cells making them unable to fight the virus that causes AIDs

(d) How can a person avoid getting gonorrhoea?

Abstinence from sex

Faithful to one sexual partner

Practice protected sexual intercourse

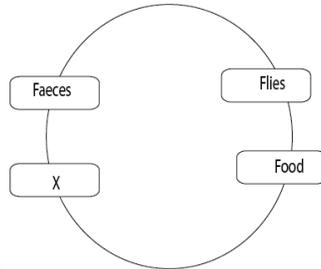
44. Write down one way in which a primary seven pupil can help in the control of cholera in a community.

- **help sensitize community**
- **proper use of latrine**
- **washing hands after visiting the toilet**
- **boiling drinking water**
- **covering food**
- **washing hands before eating food**

45. Give the difference between river blindness and night blindness

River blindness is caused by Onchocera volvulus while night blindness is caused by lack of vitamin A.

The diagram below shows how disease can be spread through the 4Fs
Use it to answer question 42.



46. (a) Give the word which should be in the box marked X

Finger

(b) Name two activities which can be done to avoid the spread of diseases through food.

(i) covering food

(ii) boiling

(iii) washing hand before handling food

(iv) cooking

(v) washing fruits before eating them

(c) What structure on the body of fly makes it spread diseases?

Hair on its body

52. (a) Name the germ that cause HIV/AIDS.

Virus, HIV

(b) Apart from having sex with an infected person, write down two other ways in which one can get the germ that causes HIV/AIDS

(i) From mother to child at birth

(ii) sharing sharp objects

(iii) circumcision

(c) ABC is a way of controlling the spread of the germ that causes **HIV/AIDS** .what does **A** stand for?

Abstinence from sex.

47. (a) Why are vaccine used in the prevention of certain diseases?

To boost/induce body immunity

(b) How is the measles vaccine given to a baby?

Through injection

(c) A part from immunization, state two other ways in which a baby`s immunity can be improved.

(i) by breast feeding

(ii) eating balance diet

48. Give a reason why male anopheles mosquito do not transmit malaria parasite to human?

Male mosquito do not feed on blood and thus do not bite people

49. Give one way in which bacteria in pit latrine are useful.

They decompose feces

50. Apart from the polio vaccine, name any other vaccine administered to children at 6weeks of age

DPT

51. (a) State any **two** ways in which vector spread diases to humans?
- **Through insect bites**
 - **By contaminating food with germs carried on their bodies.**
- (b) Give any two ways of preventing vectors from spreading diseases to humans.
- **Removing breeding places for vector such rubbish for houseflies and stagnant water for mosquitoes.**
 - **Spray the vectors with insecticides**
 - **Sleeping in mosquito nets**
 - **Covering food or eating hot food**
52. State one effect of gonorrhoea in the female reproductive system
- **Blockade of oviducts**
 - **Production of pus**
 - **Painful urination**
53. Name the vaccine which is given to prevent three childhood immunisable diseases.
DPT (diphtheria, pertussis (whooping cough), and tetanus).
54. The table below shows some common infection, organism that cause it and body parts affected. Study and completer it correctly

Common infection	Organism that cause it	Body parts affected
Trachoma	Chlamydia	Eyes
Tuberculosis	Bacteria	Nervous system and muscles
Polio	Virus	Bones and muscles
Scabies	Mites	skin

55. Give any one way in which the spread of hepatitis B disease can be controlled.
- **Avoid contact with body fluids of infected persons**
 - **Wash your hands thoroughly with soap and water after any potential exposure to blood**
 - **Use condoms with sexual partners**
 - **Vaccination**
 - **Cover all cuts carefully**
 - **Avoid sharing sharp items such as razors, nail clippers, toothbrushes, and earrings or body rings**
 - **Discard sanitary napkins and tampons into plastic bags**
 - **Avoid illegal street drugs (injecting, inhaling, snorting, or popping pills)**
 - **Make sure new, sterile needles are used for ear or body piercing, tattoos, and acupuncture**

56. (a) Give any **two** possible ways through which a baby can get HIV/AIDS from the mother

- **Through the placenta this is most likely to happen in the last few weeks of pregnancy**
- **During labour, or delivery.**
- **Breastfeeding your baby can also transmit HIV, because HIV is in your breastmilk.**

(b) State **two** ways in which an HIV positive pregnant woman can protect her unborn baby from getting HIV/AIDS

- **Taking antiretroviral treatment to protect your baby**
- **Use formula feed to the baby other than breastfeeding.**
- **Having safe delivery of baby**

57. Give any one way in which school children can promote immunization in their community.

- **Remind their parents on the immunization days**
- **Sensitize community on the importance of immunization**