



Dr. Bhasa Science

Sponsored by
The Science Foundation College
Uganda East Africa
Senior one to senior six

+256 778 633682 0753 143413

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P4 term 3

THEME: Human Health

Topic 1/4: Communicable intestinal diseases & worm infestation

Communicable diseases



Influenza



Tuberculosis



Malaria



HIV/AIDS



Measles



Chickenpox



Dengue fever



Ebola



Zika virus



Scabies

Examples.com

Communicable diseases are diseases that can be passed from one person to another.

Exercise 1

(a) Name any two communicable diseases

Diarrheal diseases

Diarrheal diseases are diseases that lead to frequent passing out of watery stool. They often cause dehydration

Common diarrhea disease

Diseases	Causative organism	Symptoms
Diarrhea	Viruses, bacteria, worms	Frequent watery stools, Fever Abdominal pain, dehydration, body weakness
Dysentery	Bacteria, amoeba	Frequent watery and blood stained stools Fever, abdominal pain, dehydration, body weakness
Cholera	Bacteria	Frequent watery stool, vomiting, abdominal pain, dehydration
Typhoid	bacteria	Persistent fever, diarrhea, headache, loss of appetite

Ways diarrheal diseases are spread

- (i) By eating contaminated food
- (ii) By drinking contaminated water
- (iii) Eating with contaminated hands/fingers
- (iv) Using contaminated utensils

Prevention of diarrheal diseases

By general hygiene and proper sanitation

- (i) Eating hot food
- (ii) Drinking boiled water
- (iii) General cleanness
- (iv) Proper disposal of human wastes
- (v) Washing hands after toilets
- (vi) Eating clean fruits
- (vii) Using treated domestic water

- (viii) Proper disposal of rubbish
- (ix) Treatment of infected persons

Exercise 2

- (a) Name two causes of diarrheal diseases
- (b) State two ways diarrhea is spread
- (c) List two ways of spreading diarrhea

Dehydration

Dehydration occurs when the body lacks enough water

Signs of dehydration

- Sunken eyes
- Dry mouth/lips
- Thirst
- Pale skin
- Little urine

Management of dehydration

- (i) Drink a lot of Oral Rehydration Salt (ORS) solution (1 sachet of ORS mixes 1litre of solution or 2 ½ litre plastic cups or 2 ½ liter mineral bottle of water)
- (ii) Drink a lot of fresh juice
- (iii) Mix a teaspoonful of salt and 4 teaspoonful of sugar in 1 litre of water and drink

Exercise 3

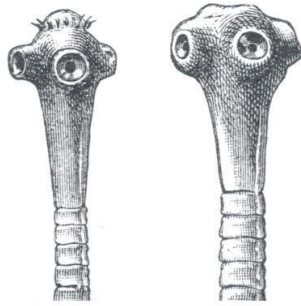
- (a) List two signs of dehydration
- (b) Explain how ORS is prepared

Common intestinal worms

1. Flat worms for example Tapeworm

They are two types

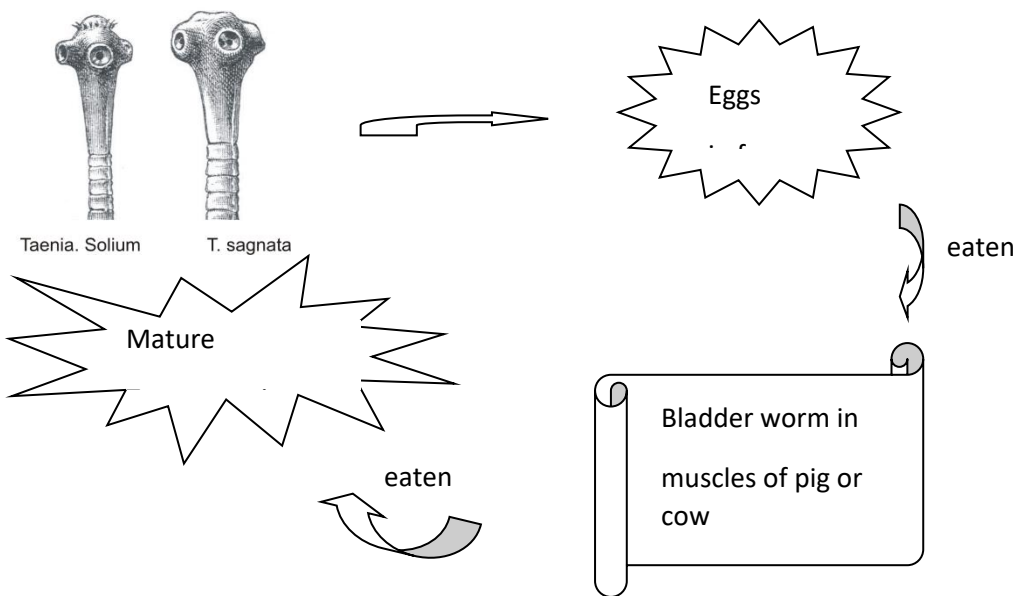
- Taenia saginata uses a cow as a secondary host.
- Taenia solium uses a pig as a secondary host



Taenia. Solium

T. sagnata

Life Cycle of a tape worm



Harmful effects of tape worms

- They are parasites that compete with humans for nutrients
- They may block the intestine and cause constipation and other problems
- Lead to anemia

Control of spread of tapeworms

- proper disposal of feces
- eat well cooked food
- proper sanitation
- regular deworming with drugs

2. Round worms for example Ascaris or hookworm



Round worms are parasites in duodenum are transmitted in feces.

Transmission is controlled by proper hygiene, eating fruits after washing them

3. Pin worms or threadworms

They are also roundworms,

They thread like

They are transmitted through contaminated fingers, eating contaminated food, fruits or vegetables

General signs and symptoms of worm infestation

- Abdominal pain
- Constipation
- Los of appetite
- Weight loss
- Anemia
- Worms in stool

Prevention of worm infestation

- General hygiene and sanitation
- Wearing shoes
- Wash all foods eaten raw.

Exercise 3

- (a) Name any two type of intestinal worms
- (b) Name two ways preventing spread of worms

Exercise 4

1. State **one** way in which the screen on the pipe of a VIP latrine helps to control diarrhoeal diseases.

It traps flies that would spread disease causing organism

2. Mention any **one** sign of roundworm infestation in humans.
 - **Pot-belly in children**
 - **Diarrhoea**
 - **Vomiting roundworms**
 - **Stool with round worms**
 - **anaemia**
3. Write down any **one** activity that a School Environment Club can do to protect a school water source.
 - **Fencing**
 - **Proper drainage around the water source**
 - **Proper hygiene**
4. Give any one way in which human beings can prevent tapeworm
 - infection.
 -
 - By eating well cooked beef and pork
 - By deworming with drugs
 - Washing hands before eating
 - Washing fruits and greens well before eating
5. Give anyone way i n which proper disposal of w a s t e s i s important in our environment.
 - To prevent spread of germs and worms
 - To prevent bad sight and smell

6. State any **one** way in which the spread of germs by houseflies can be controlled.

Use of insecticides

Cover food

Eat hot food

Keep home clean

Fly screens should be installed over ventilation covers and drain to prevent house flies from entering

7. State the difference between the feeding of tape worm and a Hook worm.

Tape worm absorb digested food in the intestines whereas hook worm feed on blood



Hook worm



Tape worm

8. Give one reason why washing of hands after visiting a latrine is a good practice.

Removes germs from the hands

9. Why is a person with hook worms likely to suffer from anemia?

Hookworm suck blood

10. Why should communities fence open spring wells?

To prevent contamination by animals excreta

11. 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

12. Why are people encouraged to drink boiled water?

It does not contain germs

13. Why should finger nails be cut short?

The minimize the harboring of germs

14.a) Give the importance of each of the following components of oral rehydration solution (ORS) to a patient.

- (i) Sugar: provides energy to the patient and also facilitate absorption of salts
- (ii) Water rehydrates the body/provide water to the body.
- (iii) Salts restore lost salts from the body due to diarrhea

b) Apart from using ORS, give two other ways of replacing 'lost fluids in a patient.

- (i) Drinking juice
- (ii) Drinking water
- (iii) Drinking a solution of salt and sugar
- (iv) Giving intravenous fluids
- (v) Drink soup

15. (a) Give one reason why dehydration is dangerous to humans

- can lead to death
- it weakens the body

(b) In which way is oral rehydration solution (ORS) a good treatment for diarrhea?

Replaces lost water, and minerals

(c) Apart from taking ORS, how else can one prevent dehydration?

- Take a plenty of water
- Eating juicy fruits like paw paws

(d) How can a person preparing ORS prevent it from contamination?

- By using boiled water
- By using clean containers
- Wash hands before preparing it

16. (a) State two ways in which vectors spread diseases to human

- (i) Through bites and injecting germs into human blood for example female anopheles mosquito
- (ii) Carrying germs on their body for example housefly

(b) Give any two ways of preventing vectors from spreading diseases to human

- (i) destroying breeding places
- (ii) sleeping under mosquito nets
- (iii) spraying vectors with insecticides

9. (a) Give any two signs which show that a baby is dehydrated

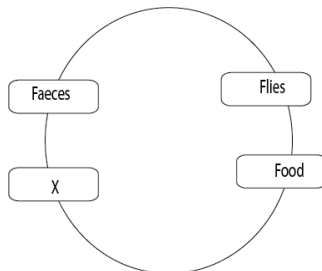
- (i) Sunken eyes
- (ii) Pale skin
- (iii) a dry or sticky mouth.

(b) State any **two** pieces of advice to give to a mother whose baby is dehydrated.

- (i) Give oral rehydration salt solution
- (ii) Give a lot of fruit fluids

The diagram below shows how disease can be spread through the 4Fs

Use it to answer question 13.



17. (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

18. (a) Give two possible source of worm infection?

- Eating unready meat**
- Walking bare foot**
- Drinking contaminated water**
- Living in dirty environment**

(b) state two signs of worm infection

- Pains in the stomach**
- Having an itchy body**
- Feeling hungry after eating**
- Swollen body (stomach)**

19. Betty's home is near a pond.

(a) State any two diseases members of Betty's family are likely to suffer from.

- Malaria**
- Typhoid**
- Yellow fever**
- bilharzia**

(b) Suggest one thing that Betty can do to avoid one of the disease mentioned.

- Sleeping in mosquito net**
- Pouring oil on the pond to reduce mosquito breeding**
- Draining the pond to remove mosquito breed place**
- To add small fish in the pond to eat mosquito larvae.**

(c) How is scabies spread?

- By body contact with infected person.**
- By sharing clothes with infected person**

Thank You

Dr. Bbosa Science