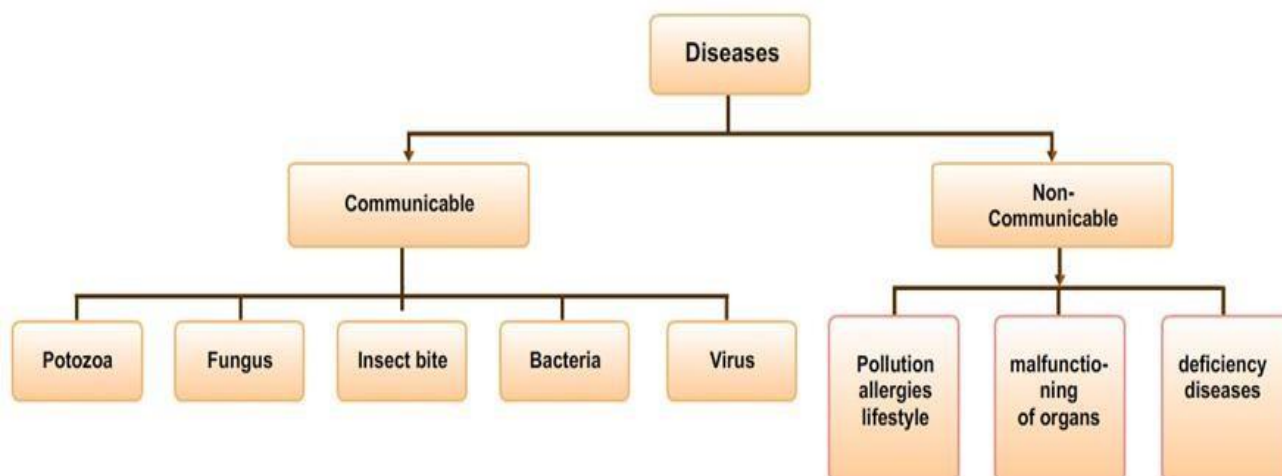










## ICSE BIOLOGY CLASS 8 HEALTH AND HYGIENE



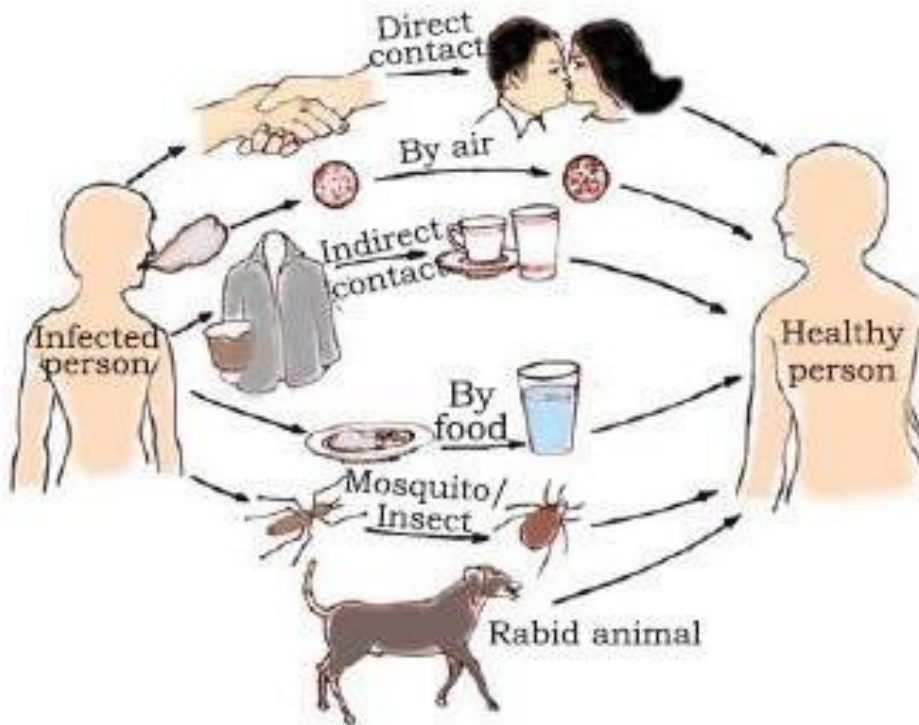
### COMMON DEFICIENCY DISEASES

VITAMINS		MINERALS	
	Night blindness, dull skin		Weak bones and teeth, Delay in clotting of blood
	Beri beri		Anemia
	Scurvy		Goiter
	Rickets, osteomalacia		Muscular pain, dehydration, low response to stimuli



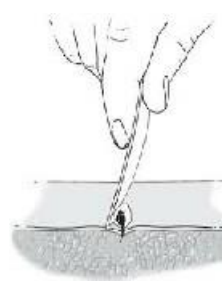

### Prevention of diseases

- Healthy environment
- Immunization
- Personal hygiene
- Public hygiene (proper disposal of wastes, sanitation)

## Common methods of transmission of communicable diseases



## FIRST AID

Cuts (PAW)	Bites (BAT)	Stings (SAI)	Burns (CCC)
 <p> <b>W</b>ash the area with soap and water  <b>A</b>pply antiseptic  <b>P</b>ress the area with a clean cloth if there is bleeding                 </p>	 <p>                     A <b>T</b>ourniquet can be applied to the area above the bite                      The <b>B</b>ite should be washed                      A doctor should be consulted without delay to administer <b>A</b>nti rabies or anti venom injection                 </p>	 <p>                     The <b>S</b>tung should be carefully removed  <b>A</b>nti-histamine may be given to reduce swelling  <b>I</b>ce pack can be applied                 </p>	 <p> <b>C</b>ool the area under running water  <b>C</b>over with loose non-sticky dressing  <b>C</b>all the ambulance for third degree burns                 </p>