

16

SOME COMMON DISEASES

16.1

It is believed that “there is a healthy mind in a healthy body”. You may have experienced that sometimes you don’t feel like reading, writing, playing or even taking any food. Why does this happen? Usually in a healthy person all physical, mental and chemical actions go on smoothly. Any irregularity in these can be the cause of any disease in man. Some diseases are such that when a healthy person comes in contact with an ill person, the healthy person also becomes ill. Such diseases are called **communicable** or **contagious disease**. But all diseases are not contagious. That disease which does not transmit from a sick person to a healthy person are called **non-communicable** or **non-contagious diseases**. Diseases due to deficiency in nutrients come under this category. Let us know about some common diseases found in human beings.

16.2 How a disease spreads?

Our environment plays a vital role in the spread and cause of communicable disease. It is because disease-spreading micro organisms as bacteria, protozoan, virus & worms flourish in an insanitary environment. So it is necessary to know about

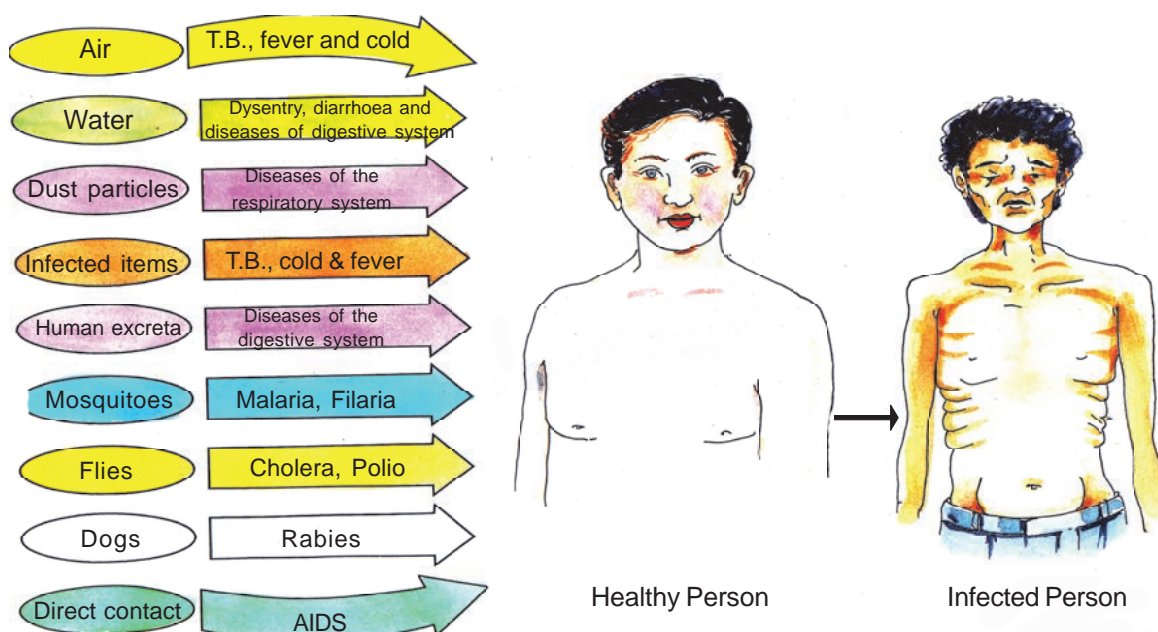


Fig 16.1 Transmission of diseases

these diseases and how they spread. By knowing about the diseases, their prevention and cure becomes easy (fig. 16.1).

In fig 16.1, you have seen that wind, dust particles, infected food, water, infected items of the sick person, as excreta, flies, mosquitoes, dogs and other animals play an important role in the transmission of diseases.

16.3 Communicable Diseases

(1) Cholera

This is caused by a bacterium named *Vibrio cholera*. It spreads to an epidemic. Cholera affects the digestive organs.

Symptoms of cholera

- (a) Sick person passes frequent white stools.
- (b) Spasms & cramps of the stomach muscle.
- (c) The sick persons have sunken eyes, hollow cheeks, low blood pressure and fatigue.
- (d) Dehydration is lack of sufficient water in human body due to prolonged passing of stools frequently. It may lead to sometimes death also.

Prevention from cholera

- (a) Always eat fresh, clean food. Avoid contaminated food.
- (b) This disease is caused due to contaminated water and insanitary conditions. So proper drainage facilities must be adopted.
- (c) One should drink boiled & cooled water.
- (d) Vomit & faecus of the patient must be covered with hot ash or limestone and must be thrown far away or buried in a hole.
- (e) Patient must be given life saving solution of ORS regularly.
- (f) Cholera antivaccine must be taken for its prevention. Its effect remains for six months.

You can make Life Saving Solutions

- 1 For making life saving solutions or Oral Rehydration Solution (O.R.S.), take about (200 ml) that is, about 1 cup of water in a bowl and boil it for 5 minutes.
- 2 Let it cool down at room temperature. Add a pinch of salt (sodium chloride) and one teaspoon of sugar. Stir it properly. If available add half a

piece of lemon juice and stir well. Life saving solution is ready. Tell about this method to others also.

2 T.B. or Tuberculosis

Have you seen some persons in your neighborhood who does continuously cough and spit thick phlegm with the cough? That person may be having a communicable disease called Tuberculosis, which is caused, due to bacteria. The bacteria of this disease spread through air and enter a healthy person and infects his lungs and also his brain, eyes, intestine etc.

Symptoms of tuberculosis :-

- (1) If cough with phlegm persists for more than two weeks, then it may be tuberculosis. If the infection is severe then blood may also be seen with the phlegm.
- (2) There is pain in chest, weight loss and the suffering person has no appetite and feels tired.

Prevention from tuberculosis :-

- (1) Keep the sick person away from other family members in a clean, comfortable room.
- (2) Do not use the articles used by a sick person.
- (3) Ask the sick person to cover his mouth while coughing with his hand or a cloth.
- (4) Avoid being in highly populated, dark, dust polluted environment and avoid being under nourished.
- (5) The sick persons spit must be covered with ash or soil and be thrown far away or buried in a hole.
- (6) BCG - (Bacillus Calmette Guerin) is a very effective vaccine.
- (7) A long treatment with anti tuberculosis drug also controls this disease.



Fig 16.2 Person infected with tuberculosis

Every year 24th March is dedicated as T.B. Day and 1st December as World AIDS Day.

3. Typhoid

It is a contagious disease caused by *Salmonella typhi* bacteria. Every year many fall prey to this disease.

The spit, vomit, faeces, urine of the suffering person may have bacteria which is spread through flies and may reach our food and water sources and contaminate them. Through the contaminated food and water these bacteria may reach a healthy person's intestine and may damage the walls of the intestine. Along with the intestine this disease may harm the pancreas and gall bladder also.

Symptoms of typhoid

- (1) The sick person has continuous headache and fever. The body temperature increases day by day in the first week, persistent high fever is there in the 2nd week and then gradually decreases during the 3rd & 4th week. The fever increases & decreases at a specific interval of time.
- (2) Rose coloured rashes appear on the upper abdomen. The sick person feels nervous and his pulse rate goes down.
- (3) Only after 10-15 days the disease symptoms are seen. The sick person feels uneasy, has pain in head, body and stomach and has loose motions and there is danger of blood cuts occurring in the veins which leads to haemorrhage.
- (4) Due to the infection spreading to the bone marrows, pancreas and gall bladders, typhoid may reoccur after 2-3 weeks.

Prevention from Typhoid :-

- (1) Give the sick person enough rest, proper food, boiled water.
- (2) Save the food from flies and insure proper disposal of human faeces of the sick person.
- (3) Use the articles used by the sick person after cleaning them in dettol and drying them in sunlight.
- (4) Spit, vomit etc of the sick person must be covered with ash or limestone and buried far away.
- (5) Give the sick person T.A.B. - Vaccine that provides immunity for 3 years.
- (6) Use of antibiotics can help in the control of disease.

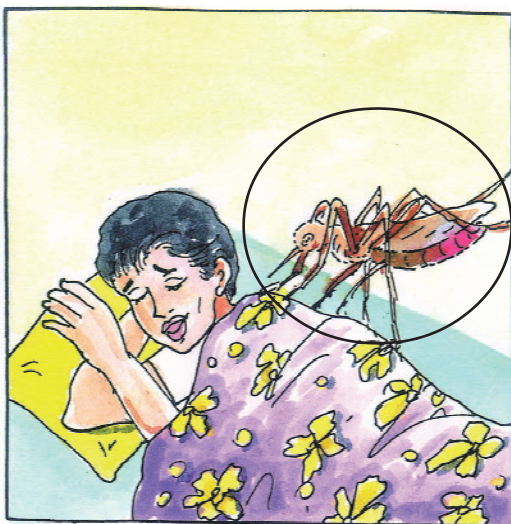


Now answer these:

- (1) Write the main symptoms of cholera?
- (2) How does typhoid spread to others?
- (3) On which part of the body does typhoid affect?
- (4) If a person has dehydrated (lost much water from the body), what treatment can you give him at home?

4. Malaria

You must have seen people sleeping inside mosquito nets. They do so to avoid mosquito bites because a species of mosquito named anophelese (female) bite can cause malaria. Female anopheles mosquito has the protozoa named plasmodium in its salivary glands. When female anopheles mosquito bites any healthy person this



1. Sudden chilling, shivering and fever



2. Headache, bodyache and cramps



3. Fever with much swelling



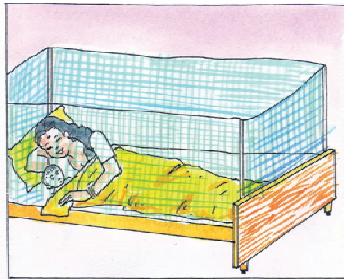
4. Anaemic or lack of blood

Fig 16.3 Symptoms of malaria

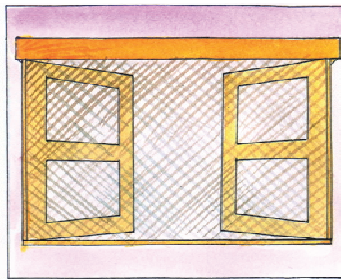
plasmodium enter the person's body and destroys the red blood cells and liver. Because of the destruction of many blood cells a poisonous substance known as haemozoin is produced in the blood. Due to which shivering occurs and the person has high temperature .

Symptoms of Malaria :-

- (1) Sudden chilling, shivering and high fever.



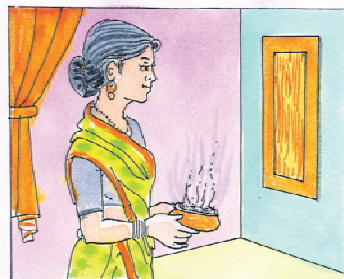
1. Use mosquito nets



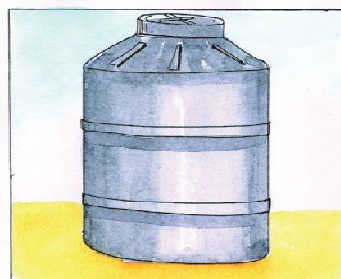
2. Wire gauging of windows and doors



3. Avoid water accumulation



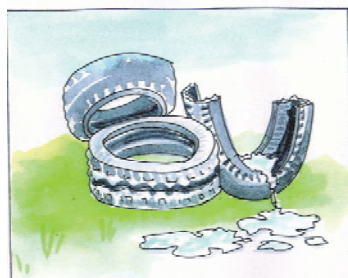
4. Spread smoke of margosa (neem) leaves



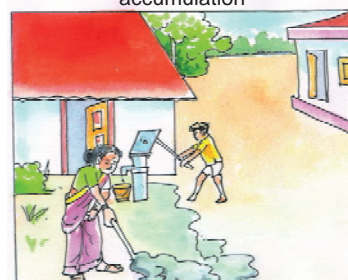
5. Cover water containers



6. Breed fishes in ponds



7. Avoid un-necessary water accumulation



8. Spray oil or burnt engine oil over water accumulated ditches and ponds.

- (2) Head ache, body ache and cramps.
- (3) Lowering of temperature with sweating.
- (4) Anaemic, lack of blood in the body.
- (5) Malaria fever occurs daily, on third day or on alternative days.
- (6) The sick person feels very thirsty and his face turns red.
- (7) The sick persons' liver and spleen is enlarged due to swelling.

Prevention from Malaria :-

The following measures can help prevent malaria.

- (1) Use mosquito nets.
- (2) Wire gauging of doors, windows.

Fig 16.4 Protection from malaria

- (3) Avoid water to accumulate in vessels etc.
- (4) Spread smoke of margosa (neem) leaves in the room.
- (5) Cover water containers etc.
- (6) Breed fishes, which eat mosquito larva in small ponds.
- (7) Don't let water to collect anywhere.
- (8) Kerosene oil or burnt engine oil be sprayed on stagnant water or ditches, ponds etc.

With WHO (World Health Organization) help malaria eradication programme is held. In which each all sick persons blood is tested and on being infected he is given 600 mg Chloroquine tablets on the first day and afterwards 15 mg tablet is to be taken every day for four days. Medicines must be taken under doctor's direction.

5. Amoebiasis (Dysentery)

Sudden cramps and pain in the stomach is a symptom of amoebiasis. This disease is common in summer and rainy seasons. It is spread by contaminated food and water.

This disease is caused by a micro organism protozoa (*Entamoeba Histolitica*). This is a parasite of human's large intestine, which uses the living cells and tissue as its food and produces a toxic and harmful material, which destroys the tissues. They enter the inner walls of the intestine and forms incurable ulcers due to which dysentery or amoebiasis disease occurs. As cholera, flies transmit this disease also.

Symptoms of Amoebiasis :-

You can recognize amoebiasis by the following symptoms.

- (1) Cramps and spasms in the abdomen with frequent bowels. Continuous bowel discharge, which may later have blood and mucus.
- (2) Slight fever may be there.
- (3) This disease does not clear out soon. Sometimes it may take years to recover from it. The protozoa may even hurt the heart and spleen by passing through the walls of the intestine.

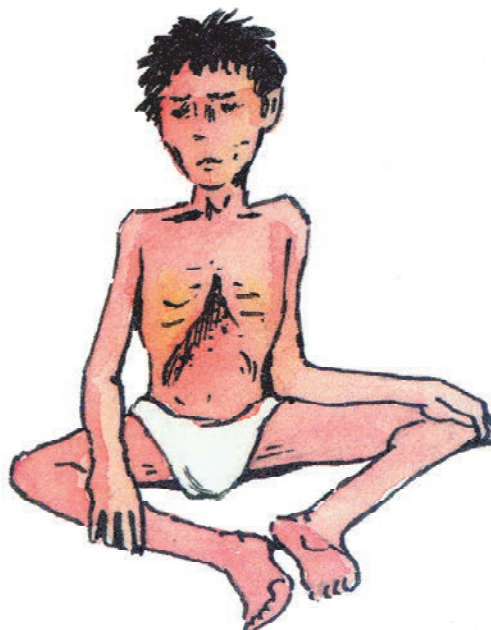


Fig 16.5 Diarrhoea



Fig 16.6 Prevention from diarrhoea & dysentery

- (4) Usually this disease occurs for 2 - 3 or 4 - 5 days. But once one is infected with this disease, it may occur again and again and later its power may increase.

6. Diarrhoea

In this disease a person passes watery or semi watery stools more than 3 times a day. This disease is caused by *Escherichia coli* *Salmonella* or *Entamoeba Histolytica*. This is caused by contaminated food and water causing damage to the intestines.

Symptoms of Diarrhoea :-

- (1) Spasms and cramps in the abdomen and frequent watery stools.
- (2) Vomiting, dry mouth, thirst and irritability.
- (3) Sudden weight loss, slow pulse rate, deep breathing.
- (4) Sunken eyes, shrunken nose, dry tongue and dry inner cheeks.
- (5) Less urine passing and sometimes urine passing is completely stopped or dark yellow urine is passed.
- (6) Excessive loss of water leading to dehydration which may even cause death.

Prevention from Diarrhoea :-

Following measures can help prevent Diarrhoea -

Home remedy for Diarrhoea :-

Coconut water, salty buttermilk, lemon juice, rice starch water, light tea, water boiled pulses (dal water) whatever is present in the house must be given to stop him from dehydrating.

Water loss due to vomiting and frequent bowels can be contradicted by ORS (Life saving solution).

**NOW ANSWER THESE**

- (1) What are the diseases caused by the protozoan parasite?
- (2) What is the main cause for the spread of Malaria?
- (3) What is the first aid you will provide to a person having frequent bowels and diarrhoea?
- (4) What is the name of malarial parasite and its carrier?
- (5) Write any two differences between dysentery and diarrhoea?

7. Filaria or Filariasis

You must have perhaps seen some persons with one leg or even both the legs fatter than normal? Have you ever thought how it has got swollen so? This is because of a worm-infected disease called Filaria.

This disease is spread by Culex mosquitoes bite.

This disease worm (*Wucheria bancrofti*) living or dead can cause this disease. In living condition these worms enter the lymph nodes and canals and produce a harmful metabolic product due to which the lymph cells divide in the lymph canals and close it. This causes itching. Slowly the leg gets swollen and so this disease is also called elephant leg (Elephantiasis).

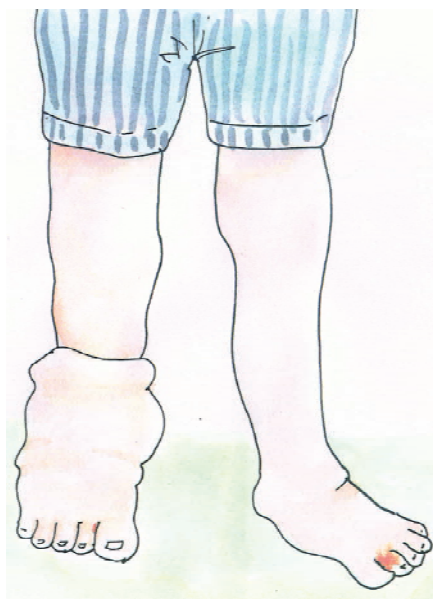


Fig 16.7 Legs of a Filaria patient

Symptoms of Filaria :-

- (1) The sick person has fever and itching.
- (2) Liver, pancreas, scrotum, legs gets swollen and form glandular swelling.

- (3) Legs become swollen more than normal so it is also called elephantiasis.

Prevention from Filaria :-

To prevent filaria following measures must be adopted.

- (1) Use of mosquito nets as a protection against mosquito bites.
- (2) Mosquito breeding places must be sprayed with kerosene oil or engine oil, so that eggs, larvae and the mosquitoes may be destroyed.
- (3) DEC (Diethyle Carbomazine) drug must be taken but the following should avoid taking it, those -
 - children below 2 years of age.
 - pregnant women.
 - persons who are seriously ill.
 - persons who are admitted in the hospital.

8. Cold & Fever

Sometimes we sneeze and our nose flows. This is caused by a virus and can happen to one and all. Cold is caused by virus named rhinovirus. It is a common disease. In this disease the upper respiratory tract membrane (mainly nose & throat) is affected by the virus. Some times due to other viral attacks there may be body pain and fever. This fever is also known as flue. The diseased persons spit or spit droplets formed due to sneezing or coughing can infect a healthy person. Articles used by the sick person as handkerchief, towels etc can also spread this disease.

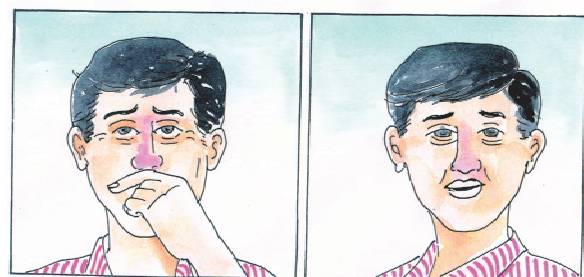
Symptoms of Cold

- (1) Frequent sneeze
- (2) Profuse watery discharge from nose or nose flows.
- (3) Nose becomes red, swollen & has a burning sensation.
- (4) Nose blocked.
- (5) Mild fever, head aches & body aches.



1. Frequent sneeze

2. Watery nose



3. Swollen and Itching nose

4. Nose blocked

Fig 16.8

- (6) Cough with itching sensation in nose and throat.

Prevention from Cold :-

To prevent cold following measures must be adopted.

- (1) Avoid close contact with the sick person and do not use handkerchief, towels, cloths etc of the sick person.
- (2) The articles of the sick person as handkerchief, towels, and cloths must be cleaned in dettol and dried in sun.
- (3) The sick person must cover his mouth, nose while sneezing or coughing with handkerchief, clean cloth or hand.

9. Chicken pox

Chicken Pox is also a disease caused by virus, which usually affects small children. This is caused by varicella zoster virus and it affects children under 10 years mostly.

Symptoms of Chicken pox :-

- (1) The diseased has slight or medium fever.
- (2) Uneasiness, back pain and joint pain.
- (3) The most prominent time for spreading of this disease is 2 days before and 14 days after the formation of rashes.
- (4) The potency of this disease is as per the rashes formed on the body. In high potency the rashes appear on all over the body. It starts with rashes on neck then it appear on the face and then it spreads to the lower part and legs. After 4 to 7 days the rashes form scales.

Prevention from Chicken pox :-

- (1) Avoid contact with the diseased.
- (2) Immunation vaccine is given,
- (3) Keep the sick person's bed & cloths clean. Keep him away from other children.

10. Polio [Poliomyelities]

Have you seen any child who is having a weak leg or is using a crutch or support cane for walking? This is due to a viral disease called polio.

Polio is caused by one of the smallest virus or poliovirus. This virus after entering the body multiply in the intestine walls and pass through blood vessels and

then the central nervous system and attack the nerve controlling the leg muscles. In the absence of nerve stimuli the leg muscles stop working properly. So the legs become infected for life and remain polio affected and lame. Sometimes death can also occur due to this disease.

Symptoms of Polio :-

- (1) Cold and cough with fever and vomiting.
- (2) Neck muscle cramp due to fever.
- (3) Muscle fibers shrink and stops working and there is pain.
- (4) After sometime the sick person's leg muscles become weak and the person is unable to stand properly (Fig. 16.9).



Fig. 16.9 Polio affected child

Prevention from Polio :-

- (1) The child must be given OPV (Oral Pulse Vaccine) just after birth.
- (2) The sick person's stools, urine must properly be disposed.
- (3) The affected leg must be treated immediately.

Pulse Polio

You must have heard that during the last few years oral polio vaccine, which prevents polio, is given to all children from birth to 5 years. To free children of our country from polio. Indian government with the help of World Health Organization has started this "Pulse Polio" programme to eradicate polio.



NOW ANSWER THESE

- (1) Write the symptoms of chicken pox?
- (2) Where does the poliovirus attack in our body?
- (3) What is OPV?
- (4) How is Polio spread ?

11. RABIES (HYDROPHOBIA)

Rabies (hydrophobia) is a very dangerous which occurs in human due to animal bite. Usually when a rabies virus infected animal as dog, cat, squirrel, bat

, fox, jackal, wolf bites any healthy person then the virus present in its saliva enters the body through the bite wound. This disease becomes known only after 1 to 3 months. This virus reaches the central nervous system and brings the person to a high stimulating stage.

Symptoms of rabies :-

1. Fear of water is its main symptoms that is why this disease is called hydrophobia.
2. High fever, headache and uneasiness.
3. Blockage in the throat, so the sound produced is low or suppressed.
4. Due to the bursting of nerve, there may be paralysis.

Prevention against rabies :-

1. Animals must be given anti rabies injection. Earlier there was fourteen injection of anti rabies. Then it was reduced to five injections. Now only one anti rabies vaccine is given.
2. If you come across any dog, cat, monkey-bitten person, then direct him to the nearby hospital. Never try to harm any animal.

Louis Pasteur discovered the treatment for rabies. Rabies virus is injected into the hare and is made artificially diseased. Then the tissues of its spinal cord are used to make the vaccine.

12. AIDS

The full form of AIDS is Acquired Immune Deficiency Syndrome. This is caused by HIV (Human Immune Deficiency Virus). The HIV virus enters the white blood cells and destroys the immunity power of the body. (at the same time the white blood cells make antibodies against them but they are unable to fight against the HIV)

HIV virus is found in the infected persons' fluids as blood, saliva, man's sperm, woman's genital discharges and mother's milk.

Symptoms of AIDS :-

AIDS can be recognized by the following symptoms

1. very fast weight loss.
2. cold and fever persistent for months and cough with phlegm.
3. frequent watery bowels persistent for months.
4. feeling too tired, fatigue.

5. swelling on lymph nodes and pain in joints.
6. white rashes in the mouth.
7. small pimples/rashes all over the body with itching and burning sensations.

NOTE:-

1. We cannot recognize AIDS by the given symptoms as these symptoms are common to other diseases also, therefore blood test is a must.
2. Symptoms of AIDS are not seen immediately after the entry of HIV. It is only seen after 3-15 years.
3. Even though infected with HIV, a person may seem quite healthy and this is capable of infecting other persons with HIV.

Prevention :-

Health education provides knowledge and understanding of AIDS. Proper knowledge is the only basis of prevention of AIDS.

16.4 A Genetic disease - Sickle celled Anaemia

You must have heard of sickle celled anaemia. It is prevalent in some of the castes of Chhattisgarh. Come let us see what is this sickle celled anaemia or sickling.

Sickle celled anaemia is caused due to genetic disorder in the red blood cells of the body. In this the round red blood cell become sickle shaped. Normal red blood cells help in the transport oxygen in the body and when they become sickle shaped oxygen transport is decreased. Along with these they accumulate in groups in the small blood capillaries of the various parts of body and causes pain and hinders its proper function.

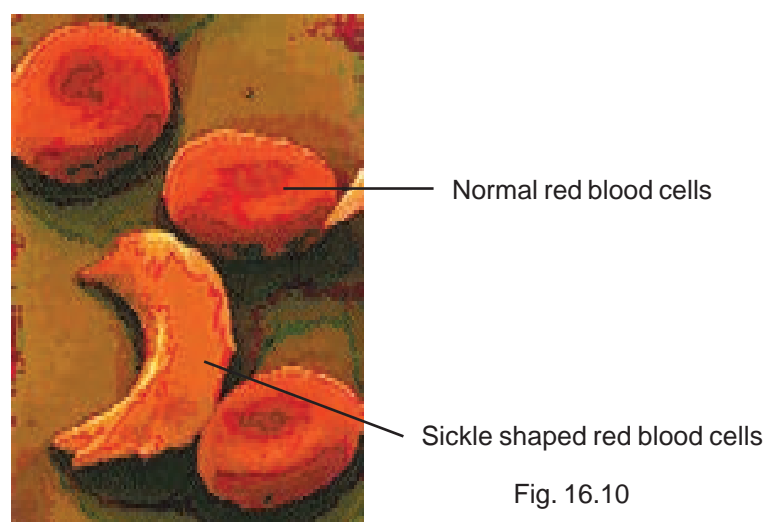


Fig. 16.10

This disease is found in these geological areas where malaria is prevalent. Some scientists believe that the blood cells have acquired such shapes to protect itself from the malarial parasites.

| Difference between RBC & sickle celled blood cells | |
|---|---|
| Common blood cells | Sickle celled cells |
| They are round shape | They are sickle shaped |
| They are soft and elastic | They are less soft and comparatively less elastic. |
| They flow easily in the capillaries | They get entangled in the groups in capillaries |
| Their life is of 120 days | They get destroyed soon and their life span is only for 20 days |

Symptoms of sickle cell Anaemia.

1. Due to lack of blood i.e anaemia the body looks pale or white.
2. Fatigue and heavy breathing.
3. Irritable and shows less interest in food.
4. Swelling and pain in fingers toes and joints
5. Frequent fever and cold
6. Enlarged spleen.
7. Hindered growth in children

What a sickle celled anemic person must do

1. Drink more water.
2. Have balanced diet.
3. Get a blood test every month.
4. Take medicine on doctor's advice for increase of blood.

How do we prevent sickle celled anaemia

This is a genetic disease which is inherited from the parents. The patients of this disease are of two types:

1. Carriers of sickle cell.
2. sufferers of sickle cell

Carriers of sickle cell are usually healthy and do not show any symptoms and lead a normal life. A carrier person does not know that he is a carrier of sickle cell. When a sickle cell carrier marries another sickle cell carrier or sufferer then they are more chances to have sickle cell anemic children. If two sickle cell anemic persons marry their children will be suffering from sickle celled anaemia. So before marriage boys and girls must get their blood tested for this disease.



NOW ANSWER THESE

1. What are the main symptoms of rabies?
2. Write the full form of AIDS virus.
3. What are the symptoms of sickle cell anaemia?
4. What are the differences between normal blood cell and a sickle cell?

16.5 Vaccination

Vaccination is the method by which any living organisms immunity power is developed against any disease.

Vaccination chart (for children)

| Age group | Vaccination | Against diseases |
|--------------------|-------------|-------------------------------------|
| Birth to 12 months | BCG | Tuberculosis |
| 1 ½ months | DPT-1 | Whooping cough, Diphtheria, Tetanus |
| | OPV-1 | Polio |
| 2 ½ months | DPT-2 | Whooping cough, Diphtheria, Tetanus |
| | OPV-2 | Polio |
| 3 ½ months | DPT-3 | Whooping cough, Diphtheria, Tetanus |
| | OPV-3 | Polio |
| 9 – 12 months | Measles | Measles |
| 16 – 24 months | DPT booster | Whooping cough, Diphtheria, Tetanus |
| | OPV booster | Polio |
| 5 – 6 years | DT | Whooping cough, Tetanus |
| 10 – 16 years | TT | Tetanus |



WE HAVE LEARNT

- Always eat fresh and hot food to avoid diseases.
- Always keep the food, water, fruits and vegetables covered. Always wash fruits and vegetables before use.
- Always clean your hands with soap before eating your food, also after using the toilet.
- Do not allow wastes and water to accumulate near your house, school, village. They must be thrown in proper pits.
- Use phenyl in toilets and drains.
- A sick person must be kept in a clean and isolated room.
- A sick person must be given sufficient rest and care.
- A sick, person must not be allowed to spit anywhere, he must be given a mud bowl filled with sand or ash to use as a spittoon. Afterwards this must be thrown away or buried.
- The sick person's clothes must be washed separately in Dettol and dried in the sun.
- The sick person must be given boiled and cool water, fluids, nutritious and easily digestible foods.
- All children must be given vaccination against diseases regularly.
- No medicines must be taken without the doctor's advice and proper knowledge.
- If any person, anywhere near your house, street or village is suffering from any disease, then advise him to take a treatment.
- Micro organisms which cause diseases are called disease causing micro organisms.
- Loss of water from the body due to frequent vomiting and bowels is called dehydration.
- ORS (oral rehydration solution) must be used to stop dehydration.
- Flies are the carriers in diseases as cholera, dysentery, diarrhoea, and polio.
- Female Anaphelus mosquito is the carrier of malaria germs.

- Filarial disease is caused due to culex mosquito bite.
- For prevention against polio, children in the age group of 0 – 5 years must be given oral polio vaccine.
- HIV (human immuno deficiency virus) causes AIDS. Proper knowledge about this disease is the only prevention against this disease.
- Cholera, typhoid, dysentery, diarrhoea etc are caused due to infected water, so drinking boiled water is a safe method.



QUESTIONS FOR PRACTICE

1. Fill in the blanks.

1. To avoid dehydration a sick person must frequently takesolution.
2. Female Anopheles mosquito bite causesdisease.
3. If a healthy child suddenly starts sneezing and there is watery discharge from his nose then he may be suffering from.....disease.
4. A child has one of his legs swollen and fat and the other one of normal size then he is suffering fromdisease.
5. Lymph canals are affected bydisease.
6. In anddiseases the central nervous system is affected.
7. After entering human body the HIV destroy thecells.

2. Find which statements are correct and which are wrong. Correct the wrong statements.

1. T.A.B vaccine is against typhoid.
2. Tuberculosis is caused by vibrio cholery.
3. To prevent mosquito bite , mosquito nets must be used.
4. Excreta of the persons from dysentery and diarrhoea must not be left open, but be covered by sand or ash.
5. Using the handkerchiefs and towels used by a person suffering from cold and flu, does not affect a healthy person.
6. To prevent filarial mosquitoes must be destroyed.
7. Rabies is caused by the bite of any dog or cat.

3. Choose the correct alternative-

1. Disease caused by bacteria and virus is :-
a. hereditary disease b. contagious disease
c. scurvy d. non contagious disease
2. BCG is used against :-
a. polio b. tuberculosis c. typhoid d. malaria
3. Which is a bacteria borne disease?
a. chickenpox b. typhoid c. rabies d. influenza
4. Malaria is spread by :-
a. male culex mosquito b. male anaphelus mosquito
c. female anaphelus mosquito d. female culex mosquito
5. Chill and shivering is a symptom of which disease :-
a. typhoid b. cholera c. malaria d. tuberculosis
6. The disease caused by a protozoa is;-
a. dysentery b. malaria c. diarrhoea d. all of these.
7. Dysentery is caused due to :-
a. drinking contaminated water b. eating too much
c. drinking clean water d. eating salads

4. Answer the following questions :-

1. What are the measures taken against prevention of tuberculosis?
2. What is dehydration ? How can you treat it?
3. If there are pits filled with water and mosquitoes breeding in it, near your house, then what diseases may infect you?
4. If your friend is having spasms and cramps in his abdomen and is having frequent bowels. Can you tell your friend is suffering from which disease and why?
5. Name two viral diseases and their symptoms.
6. Name a disease caused by a worm.
7. Which diseases are caused by flies?
8. Why is it necessary to match the blood test reports before marriage?

