

ACTIVITY 1: Communicable Diseases

Read the notes on Communicable diseases and answer the questions that follow.

1. How can you avoid getting a cold? (1)

Wash your hands as much as you possibly can, get enough sleep, get your flu shot—every single year, eat enough fruits and vegetables, work out regularly, keep your distance from sick people.

Answers may vary

2. Describe the signs and symptoms of a cold. (3)

Runny nose, high temperature, sore throat, coughs and sneezes

Answers may vary

3. How is the flu virus spread? (1)

People with flu can spread it to others up to about 6 feet away. When people with flu cough, sneeze or talk these droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs

Answers may vary

4. Why are mumps dangerous for adult men? (1)

It leads to an inability to father a child

5. What causes tuberculosis? (1)

Tuberculosis is caused by bacteria that spread from person to person through microscopic droplets released into the air. This can happen when someone with the untreated, active form of tuberculosis coughs, speaks, sneezes, spits, laughs or sings

6. What is a stigma? How does it affect people's health? (3)

Stigma is a mark of disgrace that sets a person apart from others. When a person is labelled by their illness they are no longer seen as an individual but as part of a stereotyped group. It may lead to depression or a low self esteem

7. Why is measles dangerous for pregnant women? (1)

Measles infections during pregnancy may also cause miscarriage, stillbirth, low birth weight, and an increased risk of preterm delivery.

8. What is the first sign of chickenpox? (1)

The spots begin as many small red bumps that look like pimples or insect bites

9. Where is athlete's foot commonly found and why? (2)

Community bathtubs and showers as well as changing rooms

10. What other disease would you get if you are in an overcrowded environment? (1)

Acute respiratory infections, meningitis, scabies, TB, COVID-19

Answers may vary

11. Below is a picture of a face mask.

Write down 3 rules of putting on this mask? (3)

1. Clean your hands with soap and water or hand sanitizer before touching the mask.

2. Remove a mask from the box and make sure there are no obvious tears or holes in either side of the mask.

3. Determine which side of the mask is the top. The side of the mask that has a stiff bendable edge is the top and is meant to mould to the shape of your nose.

4. Determine which side of the mask is the front. The coloured side of the mask is usually the front and should face away from you,

5. Hold the mask by the ear loops. Place a loop around each ear.

6. Pull the bottom of the mask over your mouth and chin

Answers may vary



TOTAL: 18

READING SKILLS**Pandemics: the globe-trotting killers** (Platinum pg. 174-175)

A pandemic is a disease that moves across the world, affecting many people in many countries.

The HIV/AIDS pandemic first appeared in the 1970s. There is no cure or vaccine for HIV/AIDS yet. People who get HIV can pass the virus onto other people without knowing they have it. They can also live for a long time after being infected.

Long ago, pandemics killed many people very quickly because doctors did not know what viruses or bacteria caused them, or how the disease moved from person to person.

Before modern medicine, they put people in quarantine (isolated them) to control the spread of pandemics. Quarantine is still used today when a pandemic happens, for example during the swine flu outbreak of 2009.



Many centuries ago, two pandemics were caused by bubonic plague, a disease passed on by bacteria found in rodents and spread by fleas. One plague lasted more than 200 years and the other, known as the Black Death, killed about 25 million people in five years.

When European colonists arrived in the New World (North, Central and South America), they brought smallpox, measles, and typhus with them. The indigenous people had no antibodies against these diseases, so they died soon after catching them. Between 1518 and 1568, pandemics reduced Mexico's population from twenty million to three million.

Explorers also brought New World diseases back home with them, such as the sexually transmitted syphilis bacteria. This killed millions

of people in Europe until antibiotics became widely available in 1945.

The invention of antibiotics helped many people recover from tuberculosis (TB), a disease that killed many people in Europe. Nowadays TB can be cured with antibiotics if the patient finishes his course of treatment. But the treatment can make you feel ill and so many patients do not take their medicine as they should. This results in the TB germs becoming resistant to antibiotics. This form of TB is called XDR-TB (extreme drug-resistant TB) and is widespread in South Africa.

Smallpox was a highly contagious disease. It caused an ugly rash of lumps all over the body and face. During the 20th century, between 300 and 500 million people died of smallpox.

As recently as the 1950s, about 50 million cases of smallpox happened each year. But because of massive vaccination campaigns throughout the 19th and 20th centuries, the World Health Organisation certified the eradication (complete destruction) of smallpox in December 1979.

Since then, the smallpox virus has not been found anywhere in the world. Smallpox is the only human infectious disease that has been completely eradicated.

1. What is a pandemic? (1)
A pandemic is a disease that moves across the world, affecting many people in many countries.
2. Why did so many people in the New World die from European diseases in the 1500s? (1)
The indigenous people had no antibodies against these diseases, so they died soon after catching them
3. Why are some kinds of TB becoming harder to treat with antibiotics? (1)
Many patients do not take their medicine as they should. This results in the TB germs becoming resistant to antibiotics.
4. How was smallpox eradicated? (1)
Because of massive vaccination campaigns throughout the 19th and 20th centuries
5. Do you think HIV/AIDS can be eradicated? Explain your answer. (2)
Own answer. Answers may vary
6. With the COVID-19 pandemic it has killed 472 000 people in the world and counting. With this information do you think we will ever reach a point where we can eradicate the disease, explain? (2)
Own answer. Answers may vary

TOTAL: 8