

Topic 13

- 1 Poor feeding, drug abuse, dirty environment, vectors of disease.
- 2 For example: pregnant women in Karamoja are not supposed to use the toilet and also people in Buganda don't sweep their houses at night.
- 3 The children will suffer from malnutrition diseases. The children will not be very bright at school. They will be more likely to catch infectious diseases.
- 4
 - i) By feeding them well.
 - ii) By taking them for immunisation.
 - iii) By providing spacious living quarters.
- 5
 - a) Keep family home hygienic.
 - b) Feed on a properly balanced diet.
 - c) Participate in physical exercises.
 - d) Immunise children.
- 6
 - i) Small children must not eat fish.
 - ii) Girls must not eat grasshoppers.
 - iii) Girls must not eat chicken.
- 7 Through the village health communities.
- 8 Mosquitoes, houseflies, fleas, jiggers, black flies.
- 9 Mosquitoes are controlled by spraying with insecticide. House flies are controlled by spraying with insecticide.
- 10 On the radio, in newspapers, posters, drama, songs, village health workers.
- 11 For example: there are messages about immunisation and the prevention of spread of diarrhoeal diseases.
- 12 They teach the village community about health-related issues like proper nutrition, vector control.
- 13 If the relative has died of AIDS, syphilis, etc. the younger brother might also get the disease.
- 14 The woman's faeces will spread diseases.

Topic 14

- 1 Primary Health Care is a health care programme in which individual families and communities come together to solve their common health problems.
- 2 It involves:
 - i) The people discussing their health problems.
 - ii) The programme dealing with prevention of diseases.
 - iii) The programme emphasising the use of locally available materials.
 - iv) Emphasis on individual, family and community participation.
- 3
 - i) PHC prevents diseases. Hospitals treat diseases.
 - ii) PHC is cheaper than ordinary hospital treatment.
- 4
 - i) Food and Nutrition.
 - ii) Control of Diarrhoeal Diseases.
 - iii) Personal Hygiene.

- iv) Water and Sanitation.
- v) Health Education.
- vi) Immunisation.

- 5
 - i) Water and Sanitation.
 - ii) Personal Hygiene.
- 6
 - i) Combing hair.
 - ii) Cutting/cleaning finger nails.
 - iii) Bathing.
 - iv) Brushing teeth.
- 7
 - a) Vitamins – protect the body against diseases.
 - b) Fats – insulate the body against coldness/produce heat for the body.
- 8 It ensures a lower child mortality (death) rate. It ensures maternal health during birth.

9

Disease	Methods of spread	Control of spread
a) Ringworm	■ Contact through clothing	■ Don't share clothing
b) Cholera	■ Food and drinking unboiled water	■ Boil drinking water ■ Don't eat leftover food
c) Leprosy	■ Contact	■ Isolate the infected
d) Trachoma	■ Contact and houseflies	■ Wash hands/ kill flies
e) AIDS	■ Unprotected sex	■ Use of condoms during sex

- 10 Exercising by jogging, swimming, boxing, riding, etc.
- 11 Boiling drinking water. Do not play in contaminated/infested water.
- 12
 - a) Carbohydrates
 - b) Fats
 - c) Vitamins
 - d) Mineral salts
 - e) Water
 - d) Proteins
- 13 To protect them and their unborn babies against diseases.
- 14 Immunisation protects babies against communicable diseases.
- 15 TT protects mothers against infection with tetanus during birth.
- 16
 - i) Avoid contamination of water sources.
 - ii) Teach the community about protection of water sources.
- 17
 - i) Sensitise the public about immunisation.
 - ii) Set up immunisation centres.
 - iii) Help immunisers by reminding parents, recording, storage of records, etc.