

IMMUNITY.

- Immunity is the ability of the body to resist against diseases. The most known defender is the *white blood cells*.
- When pathogens enter the body, the *phagocytes cells* will engulf and digest them.
- Lymphocytes cells defend the body against invading pathogens. Pathogens produce *antigens* and the lymphocytes will produce specific *antibodies* to act against the antigen, hence making pathogens harmless and easier to destroy.

Types of immunity:

- Basically there are two main types of immunity namely:
 - i. Natural immunity.
 - ii. Artificial immunity.

Importance of good health.

- Good health helps someone to grow and develop.
- A healthy student is able to attend school without failing hence performance improves.
- A healthy person is able to work and earn a living.
- A healthy nation develops fast because most people are not sick and then work hard, and the country does not use a lot of money on medication.
- Good health reduces mortality (death) rate.

Principles of personal hygiene cont...

- Kept the environment clean. The environment includes your bedroom, home, village, desk, classroom and school.
- Cover your mouth and nose with a clean handkerchief or tissue when you sneeze or cough.
- Keep your nails short and clean.
- Do not share handkerchiefs, towels and clothes, especially underwear.
- Wash your hair at least once a week. Comb it every day or keep it well plaited.

Requirements of personal hygiene and Good manners

- The following things can help us to maintain personal hygiene and good manners:-
 1. Listen to advice from other people. Good advice helps us to improve ourselves. Not people who have good personal hygiene and good manners and learn from them.
 2. Acquire the items needed to keep yourself and your environment clean and learn how to use them. These things include soap, towels, combs, brushes, basins, scissors and toothbrushes.

Changes in boys at puberty

- Body size increases rapidly.
- Reproductive organs enlarge.
- Muscles grow.
- Hair grows on the face (beards) and in the armpits and pubic region.
- Voice deepens.
- Shoulders and chest broaden.
- Sperm production begins.
- Wet dreams begin.
- Pimples may develop on the face.
- Sweat and oil glands become more active leading to changes in body odour.

Important measures in Maintaining Personal Hygiene

- It is important to maintain personal hygiene so as to prevent odour and disease during puberty. The following are important measures in maintaining personal hygiene during puberty.
- Take a bath at least twice daily as the body produces more sweat at this time. Use good quality soap and a deodorant if possible. Lemon or lime can also be used to minimize the smell of sweat.
- Wear clean clothes all the time and wash soiled bedding and clothes as soon as possible.
- Girls should wear good quality **tampons** or **sanitary pads** during menstruation and change them often. Wash your hands with soap and clean water after handling soiled tampons or pads.

2. Non-infectious (non communicable)

- Non infectious diseases are also known as *non-communicable* diseases. They are caused by environment, hormones, malnutrition, mental state or inheritance. These are the diseases, which cannot be transmitted from one person to another. e.g. sickle cell anaemia, albinism, kwashiorkor, arthritis, skin cancer, diabetes, marasmus, night blindness, rickets, scurvy, beriberi, etc. .

Classification of diseases cont...

k) Mineral salt deficiency diseases.

- These are diseases caused by lack of certain minerals in the diet. Examples: *Goiter* is caused by lack of iodine in the diet, *Anaemia* is caused by lack of iron in the diet and, *Rickets* is caused by lack of phosphorus and calcium in the diet.

Transmission of diseases.

6) *vector*.

- Communicable diseases are also transmitted by vectors, e.g. tsetse flies, snail, mosquitoes etc. These diseases which spread by a vector are called vector-borne diseases.

Examples.

- ❖ sleeping sickness is spread by tsetse flies
- ❖ Malaria is spread by female anopheles mosquito.
- ❖ Yellow fever is spread by black fly.
- ❖ Schistosomiasis is spread by snails.
- ❖ Elephantiasis is spread by mosquito. (culex)
- ❖ Yellow fever is also spread by mosquito. (aedes).

TYPHOID

Prevention.

- Purification of water for domestic use.
- Proper community sanitation and general cleanliness.
- Proper use of latrines, i.e. Wash his hands after visiting the toilet.
- Foods which are not cooked, e.g. fruits and salads should be washed thoroughly using clean water.
- People be educated on the spread and prevention of the disease.

Treatment.

- This disease is transmitted using antibiotics e.g. chloramphenicol.

MENINGITIS.

Cause

- This is an infection of the meninges. Meninges are the membranes surrounding the brain and the spinal cord.

Types of meningitis.

- Depending on the root cause of the disease there are three types of meningitis namely;
 - *Bacterial Meningitis.* This is caused by one of the most common bacteria such as pneumococci.
 - *Tuberculosis Meningitis,* This is caused by tuberculosis bacterium, which invades the meninges.
 - *Viral meningitis,* This is caused by one of the most common viruses. This virus infects the meninges.

MENINGITIS

Prevention.

- Patients suffering from the disease should be treated when isolated from the others.
- People who have made contacts with meningitis patients should be treated with antibiotics.
- In case of an outbreak overcrowding should be avoided.

Treatment.

- Early treatment is absolutely necessary especially for bacterial meningitis, which responds well to antibiotics. Viral meningitis does not respond well to antibiotics. However, it heals progressively with no treatment.

CHOLERA

Symptoms.

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- Severe watery diarrhoea, i.e. rice water stool.
- Abnormal pain.
- Very light urine or no urine at all.
- Vomiting.
- General body weakness.
- Blood pressure is very low.
- Breathing is fast and shallow.
- The patient loses weight rapidly.
- Patient develops wrinkled skin and sunken eyes because of dehydration.

MALARIA

■ Prevention and Control.

- Drain marshes or remove stagnant water etc. To prevent egg laying by the female anopheles mosquito.
- Spray light oils containing insecticide on water that can not be drained.
- Introduce fish eating mosquito into the stagnant water to feed on larvae and pupae.
- Spray walls of houses with long-lasting insecticides.
- Fill up potholes and shallow pools.
- Bury all containers, which can hold water.
- Clear any bush around the house.
- Sleep under a mosquito net impregnated with permethrin, or NGAO which both repel and kill mosquitoes.
- Screen the windows with mosquito proof wire mesh.
- Quarantine or isolate those who become diseased away from other people.
- Preventive medicines are taken regularly to kill the parasites on entry, eg. Mepacrine.
- Use of mosquito repellent ointments, ie. Mospel.

SYPHILIS

Prevention:

- Avoid irresponsible sexual behavior. i.e. To have healthy sexual relations. Avoid sex with strange person
- to get medical help and treatment immediately after the symptoms

Treatment.

- Antibiotics like benzathine penicillin or tetracycline.

HIV/AIDS

Effects of HIV on Human body immunity.

- HIV weakens the immune system by entering into the white blood cells (lymphocytes).
- Patients with AIDS are prone or susceptible to **opportunistic infections**, like;
 - i. Tuberculosis,
 - ii. severe diarrhoea,
 - iii. skin cancer,
 - iv. Pneumonia.

Origin

- Ebola was discovered in late 1970s when an unknown outbreak killed more than 500 people in Zaire-DRC.
- Ebola is a name of a river where the outbreak was first cited.