

**Subject: Basic science**

**Topic:** Disease prevention

Class: j s s1

**Introduction:** A good knowledge of the life history of the organisms that cause diseases and the measures necessary to stop the development of the organism are the major ways of preventing the spread of diseases. It is a known fact that micro-organisms thrive well if they are given a supply of food, moisture, and air. Their growth can be stopped if these conditions are made unsuitable.

The diseases carried by vectors have no means of infecting people except through vectors. Therefore, if vectors were effectively controlled, the diseases they transmit will be put under control.

The following are some of the ways of preventing diseases;

#### **DISEASE PREVENTION**

1. Good sanitation helps to remove from home surroundings rotten organic matter, stagnant water, refuse and sewage that provide living places for germs.
2. Ensuring good sanitation will prevent contamination of food and water and therefore control the spread of diseases like cholera.
3. Good personal hygiene ensures clean body, by removing sweat, body odour and dirt that provide breeding place for bacteria and fungi.
4. Lack of awareness of the causes of diseases, how they can be prevented should be averted through educating the masses especially those in the rural areas.
5. Individuals can also volunteer and teach people around them how to control the spread of diseases and infections.
6. **Immunization:** this is a method of preventing diseases by injecting or taking into the body, specially treated disease organism or their products. Children are immunized against seven killer diseases that commonly cause preventable death. These are ***poliomyelitis, measles, tuberculosis, tetanus, yellow fever, whooping cough and diphtheria.***
7. Prospective husband and wife are advised to carry out disease-screening test such as HIV/AIDS and genotype test, before agreeing to marry each other. Screening will help to eliminate hereditary and sexually transmitted diseases.

#### **Consequences of disease/infections**

1. The individual spends money, which could have served other needs, on medicine.
2. The individual becomes less efficient and less productive at work, home or school.
3. The individual's contribution to the economy of the family and the society becomes less.

4. The family spends more money on medicine, thereby affecting the family budget.
5. The overall productivity of the society is reduced.
6. The government will spend more money on health of the nation.

#### HOMEWORK

1. What are communicable diseases?
2. What are vectors? Name any two
3. What are the impact of diseases and infections on a nation?