

HEALTHY LIFE STYLE**➔ HEALTH PROBLEMS CAUSED BY MOSQUITOES**

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The lesson talks about the causes and symptoms of malaria, dengue and chikungunya. In malaria, Plasmodium attacks red blood cells. Colds are accompanied by a high fever. As malaria progresses, liver infections can occur.

Dengue is also transmitted by mosquitoes and can spread from one person to another. The virus attacks white blood cells. It affects the body's Immune system High fever is accompanied by body pain. Pain behind the eyes also occurs. The patient may have headaches and breathing problems. Bleeding may occur from the nose and gums. Bleeding can kill a person.

Chikungunya mosquitoes live in stagnant and polluted water. It is not a contagious disease. Its viruses affect muscle cells, joints, skin and central nervous system. It causes fever and skin rashes. The patient suffers from headache, nausea and vomiting. It is not a fatal disease. There is no medicine available to prevent these diseases. We can avoid these diseases by taking precautions. We should wear full clothes. We should not let water stand in our surroundings. If we have any of these diseases, we should contact our doctor immediately.

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English 9th - Exercises

HEALTHY LIFE STYLE➔ **HEALTH PROBLEMS CAUSED BY MOSQUITOES**

Date: / /

1. Tick the right answer. The text is about:

(a)	The life cycle of a mosquito	(b)	Different kinds of dangerous mosquitoes
(c)	Diseases caused by mosquitoes	(d)	Use of pesticides for mosquitoes control

2. Circle the diseases mentioned in the text:

tuberculosis	diphtheria	cholera	yellow fever
jaundice	malaria	tonsillitis	chikungunya
Hepatitis	Dengue	Influenza	cerebral malaria

3. Read the text. Find the following words and underline them.

parasite	transmitted	saliva	clot
chills	constipation	dysfunction	disorientation
transfusion	antibodies	immune	respiratory
stagnant	contagious	nausea	fatal
display	inflammation	intense	pronounced

4. Work in pairs and see how many of these words you can use in your own sentences. The pair that will make the most correct sentences will be the winner.

S No	Word	Sentences
1.	parasite	Many diseases are caused by parasites.
2.	transmitted	The information is transmitted electronically to the central computer.

3.	saliva	Saliva dribbled from the baby's mouth.
4.	clot	He underwent surgery to remove a blood clot on the brain.
5.	chills	She got a fever with chills.
6.	constipation	A recent study links childhood constipation with low fiber in the diet.
7.	dysfunction	Your screen is still frozen, blank, or dysfunctional in some way.
8.	disorientation	Symptoms may include fatigue, headaches, fever, memory loss, disorientation, insomnia, and loss of coordination.
9.	transfusion	Without a blood transfusion her chances of survival were slim.
10.	antibodies	Antibodies fight off infections and viruses.
11.	Immune	Everybody is immune to smallpox nowadays.
12.	respiratory	Smoking can cause respiratory diseases.
13.	stagnant	Few fish survive in the stagnant waters of the lake.
14.	contagious	Not all the infectious diseases are contagious.
15.	nausea	Some people experience nausea when flying.
16.	fatal	The slightest mistake may lead to a fatal disaster.
17.	display	Those books were on display in the window.
18.	inflammation	An extreme allergic reaction causes rapid inflammation.
19.	Intense	He shielded his eyes from the intense flash of light.
20.	pronounced	She speaks with a pronounced French accent.

5. Read the text and select the correct answer from the options given.

1. It is important to find out what the exact disease is do that

- (a) the patient can rest (b) we can tell everyone about it
 (c) ✓ it can be treated properly (d) the patient can decide what to do

2. The malaria parasite attacks the

- (a) white blood cells (b) brain
 (c) stomach (d) ✓ red blood cells

3. Once the dengue virus enters the system It affects the
- (a) ✓ immune system (b) digestive system
(c) circulatory system (d) nervous system
4. In severe cases of dengue bleeding may occur in the
- (a) eyes and ears (b) brain
(c) stomach and intestine (d) ✓ gums and nose
5. Chikungunya patients usually have fever with
- (a) shivering (b) ✓ rashes
(c) bleeding (d) chills

6. Read the text and complete the following table in your notebook:

Disease	Source(s)	Organs / cells attacked	Symptoms
Malaria	infected mosquitoes	red blood cells, liver, brain	High fever with chills, sweating
Dengue	infected mosquitoes blood transfusion mother to child	white blood cells, immune system	High fever with body pain Pain behind eyes Respiratory difficulties Headaches, skin rashes Bleeding from gums and nose
Chikungunya	infected mosquitoes	muscles, joints, skin, connective tissue, <i>nervous</i> system	Fever with skin rashes Headache, nausea and vomiting, severe joint pain, loss of taste

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English 9th-Multiple Choice Questions

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Page 05

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5. **Chikungunya patients usually have fever with**
(a) shivering (b) ✓ rashes
(c) bleeding (d) chills

6. **Malaria, dengue and chikungunya, all three diseases are spread by:**
(a) flies (b) ✓ mosquitoes
(c) dogs (d) rats

7. **It is caused by plasmodium.**
(a) ✓ Malaria (b) Dengue
(c) Chikungunya (d) All of them

8. In malaria, the parasite infects the:
- (a) lungs (b) white blood cells
(c) ✓ red blood cells (d) brain
9. Malaria is recognized through:
- (a) headache (b) body pain
(c) nausea (d) ✓ high fever
10. In malaria, the temperature may reach as high as:
- (a) 98°F (b) 100°F
(c) ✓ 104°F (d) 110°F
11. In malaria, fever is often accompanied by:
- (a) ✓ chills (b) headache
(c) body pain (d) vomiting
12. Dengue viruses are of:
- (a) one type (b) two types
(c) three types (d) ✓ four types
13. In dengue, the virus attacks the:
- (a) lungs (b) ✓ white blood cells
(c) red blood cells (d) brain
14. In dengue, high fever is followed by severe:
- (a) headache (b) skin rash
(c) ✓ body pain (d) back pain
15. Pain behind the eyes and decreased urine output is also common in:
- (a) malaria (b) ✓ dengue
(c) chikungunya (d) all of them
16. Dengue-related eye pain often increases with:
- (a) ✓ bright light (b) dim light
(c) white light (d) darkness

- 17. Another main symptom of dengue is:**
(a) cough (b) nausea
(c) shivering (d) ✓ excessive bleeding
- 18. The smallest blood vessels in the body are:**
(a) ✓ capillaries (b) intestine
(c) veins (d) arteries
- 19. The chikungunya virus infects the:**
(a) liver (b) red blood cells
(c) white blood cells (d) ✓ muscle cells
- 20. Partial loss of taste is also reported by many:**
(a) malaria patients (b) dengue patients
(c) ✓ chikungunya patients (d) all of them
- 21. Low platelet count, high bleeding risk and pain behind eyes are main symptoms of:**
(a) malaria (b) ✓ dengue
(c) chikungunya (d) all of them
- 22. Malaria symptoms usually occur every:**
(a) ✓ two days (b) two weeks
(c) two months (d) two years

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English 9th-Short Answer Questions

HEALTHY LIFE STYLE**➔ HEALTH PROBLEMS CAUSED BY MOSQUITOES**

Page 15

Q.1: What are the most common diseases caused by mosquito bites?

Ans: The most common diseases caused by mosquito bites are malaria, dengue and chikungunya.

Q.2: Which specific part of the body becomes highly infected in Cerebral Malaria?

Ans: Brain becomes highly infected in Cerebral Malaria.

Q.3: What can lead to severe liver infection when one has malaria?

Ans: The malaria parasite infects the red blood cells until they burst. Then, the newly developed plasmodium from the burst red blood cells spreads and infects more red blood cells throughout the body, thus killing all the cells. This can lead to severe liver infection.

Q.4: How is the immune system affected through dengue?

Ans: Once the dengue virus enters the body it circulates around the body, attacking white blood cells and other antibodies, thus affecting the immune system.

Q.5: How often can one get infected with chikungunya? Why?

Ans: One can get infected with chikungunya only one time. Once one recovers from this infection, one is immune to it for the rest of one's life.

Q.6: Which two of the three diseases have similar symptoms? What are these?

Ans: Both chikungunya and dengue have almost identical symptoms and disease processes. They are fever, skin rashes, body pain, and headaches.

Q.7: How often does one have fever and chills when one has malaria?

Ans: These symptoms of malaria usually occur every two days.

Q.8: How do all these diseases affect our life?

Ans: All these diseases affect a person's health. They affect the quality of one's work because it takes some time to recover from the weakness caused by them.

Q.9: How can we protect ourselves from these three diseases?

Ans: There are no vaccines or medical ways to prevent these diseases, we can protect ourselves from these diseases by taking precaution.

- Wear clothes that will keep you fully covered.
- Use net coverings.
- Live in hygienic surroundings.
- Ensure that there is no stagnant water, whether clean or dirty, in your locality, not even in
- uncovered buckets, pots, cans, or other things.
- Apply good quality mosquito repellent lotion or anyone of the natural repellent products.
- Take extra precaution from dawn to dusk.
- Seek medical help as soon as possible.

Q.10: What should we do if we want to recover quickly from these diseases?

Ans: If we want to recover quickly from these diseases, we should seek immediate medical help when we observe symptoms of these diseases because the earlier they are treated the quicker is the recovery.

FOR MORE NOTES, MCQs & ONLINE TEST

English 9th- Words Meaning

HEALTHY LIFE STYLE➔ **HEALTH PROBLEMS CAUSED BY MOSQUITOES**

S No	Words	Meaning in English	Meaning in Urdu
1.	antibodies	proteins normally present in the body or produced in response to an antigen which it neutralizes, thus producing an immune response	ضد جسم
2.	cerebral	of or relating to brain	دماغی
3.	chills	feeling of coldness during high fever	سردی کے ساتھ بخار
4.	circulatory	relating to the circulation of blood	دوران خون سے متعلق
5.	clot	a thick mass of coagulated liquid, especially blood	لو تھڑا
6.	constipation	a condition in which there is difficulty in emptying the bowels, usually with hardened feces	قبض
7.	contagious	transmissible by contact	متعدی
8.	Disorientation	loss of sense of direction	ہگاڑ۔ ماحول ناشناسی
9.	display	to present to view	نمائش۔ مظاہرہ
10.	dysfunction	abnormal function of a body organ or system	کسی عضو کا درست کام نہ کرنا
11.	fatal	causing death	جان لیوا
12.	Hygienic	healthy	صحت مند۔ حفظان صحت
13.	Immune	having resistance to pathogen	معدافتی نظام
14.	Infected	affected with a disease-causing organism	پیماری کا شکار

15.	Inflammation	swelling	سوجن
16.	Transmit	pass on	منتقل ہونا
17.	vomiting	eject matter from the stomach through the mouth	الٹی۔ قے
18.	nausea	a feeling of sickness with an inclination to vomit	متلی
19.	parasite	an organism that lives in or on an organism of another species	طفیل
20.	polluted	to make harmful to living things	آلودہ
21.	precaution	safeguard	احتیاط
22.	preventable	able to be prevented or avoided	جس سے بچا جاسکے
23.	prevention	the act of stopping or preventing something	روک تھام
24.	pronounced	strongly marked; distinct	نمایاں
25.	repellant	able to repel	دھکیلنے یا دفع کرنے والی
26.	replicate	make an exact copy of reproduce	نقل تیار کرنا
27.	Respiratory	relating to or affecting respiration	تنفس سے متعلق
28.	Saliva	Watery liquid secreted into the mouth by glands	تھوک
29.	Severe	Intense	شدید
30.	Shivering	Shaking slightly	کانپنا
31.	Stagnant	Not flowing	کھڑا۔ ساکت
32.	Symptom	Indication of disease	علامات
33.	Transfusion	Transfer of blood	انتقال خون

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