

Health and hygiene

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Health - state of complete physical, mental, social well-being and not merely absence of disease.

Pathogen:

Diseases are caused by **germs** such as **viruses, bacteria, fungi, protozoa**. All these are pathogens. Any organism that causes disease is a **pathogen**.

Tapeworm is a disease causing parasite/worm but it is not a microorganism.

DISEASES AND THEIR PATHOGENS :

Bacteria :

Cholera	vibrio cholera
typhoid	salmonella

Virus :

Influenza	influenza virus
Poliomyelitis	polio virus
Chicken pox	varicella virus
measles	Rubella virus
Dengue	dengue virus
chikungunya	chikungunya virus
AIDS	HIV (human immunodeficiency virus)

Protozoa :

Malaria	plasmodium
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Fungi :

Ringworm	Trichophyton , Microsporum
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Vectors : Animals/Insects that **carry** and **spread** pathogens. e.g. Mosquito, They do not cause the disease but help in spreading the disease. The pathogen **usually** does not cause any disease in the vector itself.

Vector	1. Disease carried/spread
Female anopheles mosquito	malaria
tsetse fly	Sleeping sickness
mosquitoes of genus <i>Aedes</i>	Dengue and chikungunya

Causes of spread of communicable diseases :

1. Contaminated food and water.
2. Physical contact
3. Insect and animal bite . (through vectors)
4. Droplet infection (air droplets from coughing or sneezing)

Prevention of diseases:

Cleanliness
vaccinations
Balanced diet
clean water
proper sanitation

Addiction and addictive substances

1. Alcohol
2. Tobacco
3. Drugs

First aid :

Bleeding
Burns
Fracture
Object in the Eye
Unconsciousness
Swallowing poison
Snakebites