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Phe assignment jss2

Answer

1)Here are three communicable diseases with their types, symbols, symptoms, and preventive measures:

Malaria

- \*Types\*: Plasmodium falciparum, Plasmodium vivax, Plasmodium ovale, Plasmodium malariae

- \*Symbol\*: Mosquito

- \*Symptoms\*: Fever, chills, flu-like symptoms, and in severe cases, organ failure

- \*Preventive Measures\*:

- Use insecticide-treated bed nets

- Wear protective clothing and apply insect repellent

- Avoid traveling to areas with high malaria transmission

- Take antimalarial medication if necessary

HIV/AIDS

- \*Types\*: HIV-1, HIV-2

- \*Symbol\*: Red ribbon

- \*Symptoms\*: Vary depending on stage, but may include fever, fatigue, weight loss, and swollen lymph nodes

- \*Preventive Measures\*:

- Practice safe sex: use condoms, get tested for STIs

- Avoid sharing needles or other injection equipment

- Get tested for HIV if exposed or at risk

- Antiretroviral therapy (ART) can help manage the disease

Chickenpox (Varicella)

- \*Types\*: Varicella-zoster virus (VZV)

- \*Symbol\*: Rash with itchy, blister-like sores

- \*Symptoms\*: Fever, headache, fatigue, and a characteristic rash with itchy, blister-like sores

- \*Preventive Measures\*:

- Get vaccinated against chickenpox

- Practice good hygiene: wash hands frequently with soap and water

- Avoid close contact with infected individuals

- Stay home when sick

2)Posture

Meaning of Posture

Posture refers to the position or alignment of the body in space.

Characteristics of Good Posture

1. \*Neutral spine\*: Maintaining the natural curves of the spine.

2. \*Shoulders relaxed\*: Shoulders are relaxed and down.

3. \*Head level\*: Head is level and balanced.

4. \*Weight evenly distributed\*: Weight is evenly distributed on both feet.

Postural Defects

Meaning of Postural Defects

Postural defects refer to any deviations from normal posture.

Characteristics of Postural Defects

1. \*Abnormal curvature of the spine\*: Such as scoliosis, kyphosis, or lordosis.

2. \*Muscle imbalances\*: Weak or overactive muscles.

3. \*Poor alignment\*: Misalignment of the head, shoulders, hips, or legs.

How to Influence Good Posture

1. \*Exercise regularly\*: Strengthen core and postural muscles.

2. \*Stretch regularly\*: Improve flexibility and reduce muscle tension.

3. \*Improve workspace ergonomics\*: Promote good posture at work.

4. \*Practice good sitting and standing habits\*: Maintain good posture daily.