

LITERACY ONE

LESSON NOTES

FOR TERM 3

2020

THEME: HEALTH IN OUR SUB COUNTY.

Health is a state of physical, social, emotional, mental well being of an individual and not only the absence of an illness.

What is a disease?

A disease is an abnormal condition of the body of an organism.

Vectors:

They are living organisms that spread diseases.

Vectors are living organisms that spread germs from one host to another.

They are also called disease carriers.

Examples of vectors and diseases they spread:

vectors	Diseases
Female anopheles mosquito	Malaria
Culex mosquito	elephantiasis
Tiger/aedes mosquito	Yellow fever
Housefly	Trachoma, cholera, dysentery, diarrhoea, typhoid, polio
Tsetse fly	Sleeping sickness(trypanosomiasis)
Lice	Typhus fever
ticks	Relapsing fever
Water snails	Bilharzia
Rat fleas	Bubonic plague
Black fly/ jinja fly/ simulium flies	River blindness
cockroaches	Cholera, dysentery, diarrhoea, typhoid, polio.

exercise

- 1) Briefly explain the term vectors.**
- 2) Name the vectors that spread the following diseases;**
 - a) Malaria**
 - b) River blindness**
 - c) Dysentery**
 - d) Sleeping sickness**

GERMS

- Germs are living organisms that cause diseases.
- Germs can be useful and harmful to animals
- Harmful germs are small living organisms which cause diseases.
- Germs are so small that they cannot be seen by naked eyes.
- Germs are seen using a microscope.

A picture of microscope



Example of germs

- Bacteria
- Viruses
- Fungi
- Protozoa

exercise

- 1) In one sentence give the meaning of germs.
- 2) State the four examples of germs.
- 3) Draw a microscope.

Diseases caused by bacteria to people

- Tetanus
- Tuberculosis
- Pneumonia
- Whooping cough
- Diphtheria
- Dysentery
- Syphilis
- Gonorrhoea
- Cholera
- Typhoid

Diseases caused by viruses to people

- Influenza
- Measles
- Polio
- Yellow fever
- AIDs
- Ebola
- Mumps
- Chicken pox

exercise

- 1) Mention any four diseases caused by;
 - a) bacteria to people
 - b) virus to people

Lesson 4

Diseases caused by fungi to people

- candida
- ring worm
- athletes' foot
- oral thrush
- tinea

Ring worms:

- These are red patches on the skin.
- It is caused by fungi.
- It affects the skin especially the neck, cheek, head and legs.

Athletes' foot:

- It is a fungal infection.
- It attacks the skin between toes.
- It is itchy and painful.

Candidiasis:

- It is a fungal disease.
- It affects the vagina and penis.

Oral thrush:

- It is a fungal disease.
- It affects young babies.
- It is caused by yeast growing in bottles used for feeding babies.

Diseases caused by protozoa to people

- Malaria
- Sleeping sickness

Areas where germs are found

- | | |
|--------------------|----------------------------|
| - In the air | - In and on sick people |
| - In the soil | - In rubbish or garbage |
| - In dirty water | - In and on rotten animals |
| - In animal wastes | - On dirty food |

exercise

- 1) State the examples of diseases caused by;
 - a) Protozoa
 - b) fungi
- 2) Identify any four places where germs are found.

Lesson 5

How germs are spread

- Through animal and insect bites.
- Through drinking contaminated water.
- Through eating food in dirty containers.
- Through wearing dirty clothes.
- Through open cuts and wounds.
- Through the 4Fs.

The 4F's disease path

- Faeces
- Flies
- Fingers
- Food

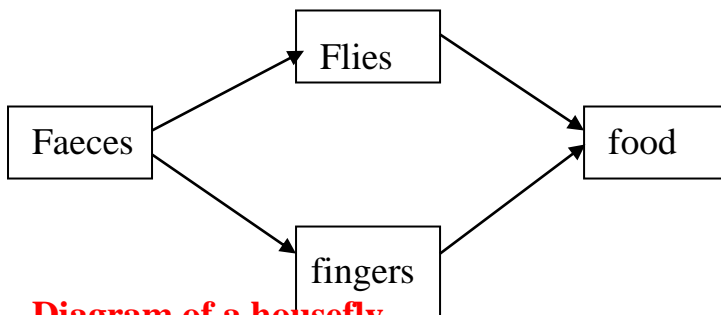


Diagram of a housefly



exercise

- 1) Mention any four ways how germs can be spread.
- 2) Write the 4F's in full.

Lesson 6 & 7

Practical lesson

Ways of preventing and controlling germs.

- Using latrines correctly.
- A void using bushes for long calls.
- Wash hands after visiting a latrine.
- Wash hands before and after handling food.
- Use insecticides to control houseflies/cockroaches.
- Groom/cut short the finger-nails.
- Washing and ironing clothes regularly.
- Burning and burying rubbish.
- Sleeping under treated mosquito net.
- Boiling drinking water
- Cover left over food
- Keep food/ water in clean containers
- Warm left over food before eating

exercise

State the ways of preventing and controlling germs

- a) at school
- b) at home

Lesson 8

Examples of common diseases in our sub-county/ division

Malaria	sleeping sickness
Yellow fever	typhoid
Diarrhoea	typhus fever
Dysentery	bubonic plague
Trachoma	elephantiasis
Cholera	measles

exercise

- 1) State any six common diseases in your area.

WEEK 3

Lesson 1 & 2

Malaria

Diagram of a female anopheles mosquito



It is caused by a parasite called plasmodium (plasmodia).

Malaria is spread by a female anopheles mosquito.

The male anopheles mosquito does not spread malaria because it does not suck blood. It only sucks juices from plants.

The head of a mosquito has a sharp long tube which is used to suck blood called proboscis.

Signs of malaria:

Vomiting

Yellow eyes

Yellow urine

Shivering

Sweating

Sores on the mouth

Dry lips

Symptoms of malaria:

- Headache
- Pains in the joints
- Stomachache
- High temperature
- Body weakness
- Severe abdominal pains

Effects of malaria

- Malaria kills.

- It can lead to miscarriage (foetus get out of the mother's womb before its fully developed).
- Malaria leads to **anemia**.
- Anemia is lack of enough blood in the body and it is caused by lack of iron in the body.

Control of malaria

- Clear bushes around the home
- Bury empty tins and bottles which collect water
- Pour oil on pools of water around the house
- Fill up holes in the home with soil
- Sleeping under treated mosquito nets
- Taking anti-malarial tablets as directed by a doctor or health worker
- Putting wire mesh in the windows to stop mosquito from entering the house
- Spraying houses with insecticide
- Using mosquito coils, repellants and use of creams on open body parts
- Close doors and windows early enough in the evening

What is fumigation?

This is the use of fume or smoke to chase away vectors such as mosquitoes

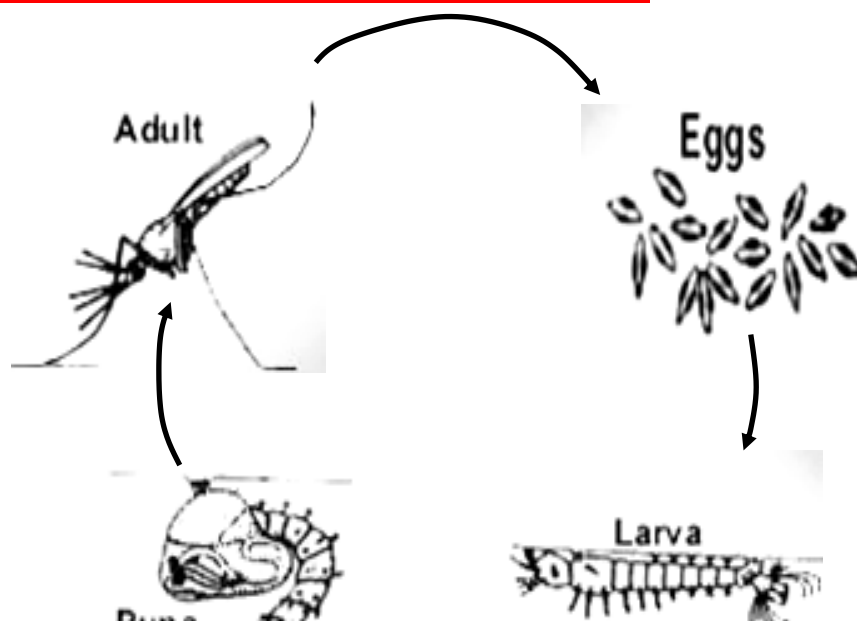
The smoke may be from mosquito coils e.t.c

exercise

- 1) Identify the germ that cause malaria
- 2) State at least three signs of malaria.
- 3) Mention any ways of controlling malaria in our home.

Lesson 3

Life cycle of a female anopheles mosquito



NOTE:

1. Mosquitoes lay eggs in stagnant water/ still water.
2. The eggs hatch into larva.
3. The larva of a mosquito is called wriggler.
4. The larva breathes through siphon.
5. The larva develops into pupa, then adult.

exercise

- 1) How many stages of development has a female anopheles mosquito?
- 2) Name the most dangerous stage in the above life cycle.
- 3) Which part of the mosquito above is used for sucking blood?

Lesson 4

Dysentery

- It is the passing out of watery stool with blood stains
- It is caused by amoeba or bacteria. It is spread through drinking contaminated water with amoeba parasites. The parasites can be carried by houseflies.

Signs of dysentery:

- Blood stained stools
- Vomiting

Symptoms of dysentery:

- Abdominal pain
- Painful passing out of loose, bloody stools
- Headache

- Fever

Prevention of dysentery:

- Use latrines properly.
- Wash your hands after visiting the latrine.
- Keep water sources clean.
- Wash your hands before handling and eating food.
- Wash all foods eaten raw.
- Boil water for drinking.
- Destroy all breeding places for houseflies.

exercise

- 1) **In one sentence write the meaning of dysentery.**
- 2) **Identify at least two symptoms of dysentery.**
- 3) **State any three ways of preventing and controlling dysentery.**

Lesson 5

Trachoma

- Trachoma is caused by a germ called Chlamydia.
- Trachoma is spread by a housefly.
- Trachoma is common in places with no water where people are unable to wash dirt and dust from their hands and eyes.
- Untreated trachoma leads to blindness.

Signs of trachoma:

- Red watery eyes
- Pinkish or grey swellings on the eyes
- The white part of the eye turns brownish.
- Watery discharge from the eyes

Symptoms of trachoma:

Itching eyes

Pain while looking at light

Prevention and control of trachoma

Avoid sharing the same basin of water while bathing with an infected person

Avoid shaking hands with an infected person

Avoid sharing the same handkerchief with an infected person

Get treatment as soon as possible because trachoma can make you blind

exercise

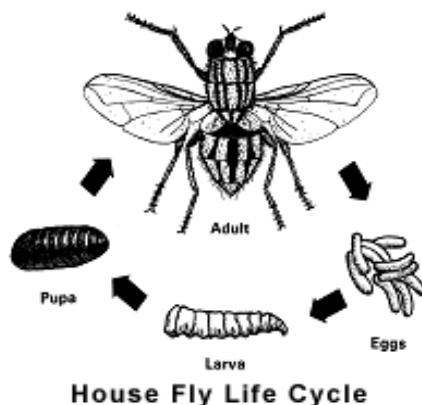
- 1) Identify the vector that spreads trachoma.
- 2) Give on effect of trachoma to people.
- 3) Mention any two signs of trachoma
- 4) Suggest at least one way of preventing trachoma.

Lesson 6

Diarrhoea

It is passing out of watery stools from the body many times a day. It caused by a virus or bacteria.

Life cycle of a housefly:



It is spread by the 4fs i.e. faeces, flies, food, fingers.

Diarrhoea leads to dehydration and dehydration leads to death.

3Ds in full:

Diarrhoea

Dehydration

Death

Signs and symptoms of diarrhoea.

- Watery stools three or more times a day.

Symptom

- Stomach pain.

How diarrhoea spreads:

- Eating contaminated food
- Drinking dirty or contaminated water
- Eating unwashed fruits
- Handling food with unwashed hands.
- Through the 4fs.

exercise

- 1) Briefly explain the term diarrhoea.
- 2) Write 3D's in full
- 3) How is a housefly able to spread faecal diseases?

Practical lesson

Lesson 7 & 8

Control of diarrhoea

- Cover food to protect it from houseflies and insects that bring germs.
- Wash hands after using latrine and before handling food.
- Wash utensils with clean water and soap.
- Keep utensils in clean cupboards.
- Boil drinking water to kill germs.
- Wash fruits before eating them.
- Serve food in clean utensils.
- Keep the environment clean.
- Practice proper disposal of wastes
- Warm leftover food before eating.

exercise

- 1) Mention any four ways of controlling diarrhoea in our division.

Week 4

Lesson 1

Dehydration

It is the condition when the body does not have enough water.

Signs of dehydration:

- Dry mouth
- Sunken eyes
- Sunken fontanelle(soft spot)
- Little or no urine
- A pinch on the skin takes long to go back to normal.
- The person is sleepy and easily gets annoyed.
- Sudden weight loss.

Diagram of a dehydrated person.



Causes of dehydration

Diarrhoea

Vomiting

Diarrhoea and vomiting can lead to:

Loss of water.

Loss of important salts like sodium and potassium.

How to treat dehydration:

- Give a lot of fluids to the patient
- For babies encourage more breastfeeding
- For older children give sweet tea, soup and fruit juice.
- Give the patient as much as food as he wants such as porridge, soup, fish and eggs.
- Give the patient ORS (Oral rehydration salts or solution)
- Mostly for babies take them to the hospital.

exercise

- 1) Briefly explain the term dehydration.
- 2) State any two causes of dehydration.
- 3) Mention any two ways of treating dehydration

Practical lesson

Lesson 2 & 3

Preparation of ORS or SSS locally:

ORS- Oral Rehydration Salts/ Solution

SSS-Salt Sugar Solution

1. Wash hands with clean water and soap.
2. Measure one litre of clean boiled water into a clean container.
3. Measure eight leveled tea spoonfuls of sugar and one leveled tea spoon of salt into the container.
4. Stir until all the salt and sugar dissolves.
5. Taste the solution and give the patient.

How to prepare ORS of a sachet

- Wash your hands with clean water and soap.
- Measure one litre of clean boiled water into a clean container.
- Open the sachet and empty it in a litre of water.
- Stir the solution and taste

Dosage:

- A child takes a quarter of a mug after every stool.
- Adults take half of a mug after every stool.

NOTE:

- When making SSS, sugar, salt and water are used.
- Water works as a solvent.
- Salt and sugar work as solutes.
- Water replaces the lost water in the body
- Salt replaces lost mineral salts in the body.
- Sugar replaces the lost energy in our body.

exercise

- 1) Write the words in full
 - a) ORS
 - b) SSS

Lesson 4

Yellow fever

It caused by a virus.

It is spread by tiger or aedes mosquito

Signs and symptoms of yellow fever

- Vomiting of black stuffs
- A lot of bleeding under the skin
- The eyes turn yellow

Prevention and control of yellow fever

- Draining stagnant water
- Spraying insecticides
- Clear all the bush around the house
- Keep fish in dams and ponds to eat the mosquito larvae

exercise

- 1) Name the germ that causes yellow fever.
- 2) Mention any three ways of preventing yellow fever.

Lesson 5

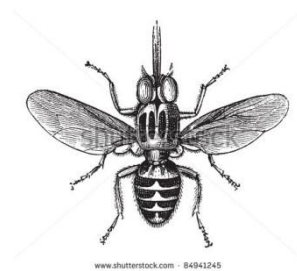
Sleeping sickness:

It is caused by germs called trypanosomes.

It spread by a tsetse fly.

It is called sleeping sickness because the patient feels sleepy all the time.

Diagram of a tsetse fly.



Signs of sleeping sickness

- Loss of weight.
- Running eyes.
- Swellings in the neck.

Symptoms of sleeping sickness:

- Fever from time to time.
- Feeling weak and sleepy
- Loss of appetite

Places where tsetse flies are found:

- Near rivers and streams of water because they need water to breed.
- In the forest, thick grass and shrubs so that they hide away from sunlight.

Control of sleeping sickness

- Using tsetse fly traps
- Spraying tsetse flies with insecticides
- Clear bushes near homes
- People who keep animals should avoid very early and late grazing of animals.

- Clear bushes at the river banks and streams near homes

exercise

- 1) Name the diseases carried by tsetse flies in animals.
- 2) Identify any two signs of sleeping sickness.
- 3) State any three ways of controlling sleeping sickness.

Lesson 6

Typhus fever:

It is spread by lice. The typhus germ lives in excreta of lice.

The louse excretes on your skin, when you scratch yourself you break the skin and make a door through which germs enter your body.

Signs of typhus fever

- 1) Skin rash
- 2) Swollen lymph nodes

Symptoms of typhus fever

- 1) High fever
- 2) Severe headache
- 3) Muscle aches

Prevention of typhus fever:

- Keep your body clean.
- Wash your hair and keep it short
- Iron clothes to kill lice.
- Cut your hair or trim it.

exercise

- 1) State any one symptom of typhus fever.
- 2) Suggest any three ways of prevention of typhus fever.

Lesson 7

Plague:

It is spread by rat fleas.

Rat fleas hide in the fur of rats.

A flea under goes a complete life cycle but has no wings.

A picture of a louse



Signs and symptoms

- High fever
- Headache
- Swelling in the neck, arm pits and the nymph nodes
- Swollen glands

Prevention of plague

- Keep the house and clothes clean.
- Use rat poison and traps to kill rats.
- Keep food a way from rats and mice.
- Spray floors with insecticide powder.
- In case of an outbreak, people should take anti-plague vaccination

exercise

- 1) Name the vector that spreads typhus fever.
- 2) State two ways of preventing typhus fever.
- 3) Mention any three possible measures of preventing plague.

Lesson 8

Elephantiasis:

It is caused by filarial worms.

It is spread by culex mosquito.

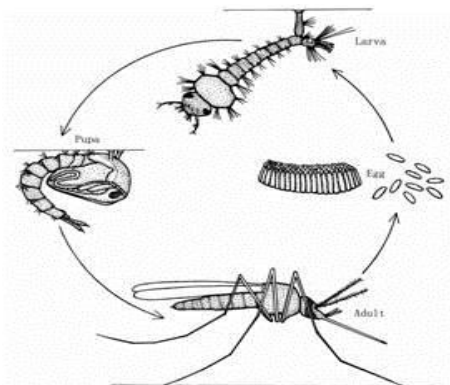
Signs and symptoms:

They cause the swelling of the affected parts.

The parts mostly affected are:

- The feet (swollen feet)
- Testicles (hydrocoele)

Life cycle of a culex mosquito:



Prevention and control of elephantiasis

- Spraying insecticides
- Clear all the bush around the house
- Drain stagnant water
- Sleep under treated mosquito nets

exercise

- 1) Identify the vector that spreads elephantiasis
- 2) State any one sign of elephantiasis
- 3) Suggest at least two measures of controlling elephantiasis

WEEK 5

Lesson 1

Typhoid

It is caused by bacteria.

It spread by a housefly.

Symptoms of typhoid

- Intestinal bleeding
- Persistent fever
- Abdominal pain
- Headache
- General body weakness

Signs of typhoid.

- High fever
- Severe diarrhoea

Prevention of typhoid and cholera

- Boiling drinking water
- Covering food properly
- Washing hands after using the latrine or toilet
- Warming left over food
- Use latrines properly
- Take the infected person to the hospital
- Observe good hygiene
- Washing fruits before eating

exercise

- 1) State vectors that spread typhoid
- 2) Identify any three symptoms of typhoid.
- 3) Suggest ways of preventing typhoid.

Lesson 2

Cholera:

It is caused by a bacteria vibrio cholerae

It is spread by a housefly.

How it spreads

Through contaminated food and water

Food contaminated by a housefly

Drinking un boiled water

Signs of cholera

Serious diarrhoea

Dehydration

Vomiting

Body weakness

Symptoms of cholera:

- Rapid loss of fluids
- Body weakness
- unconsciousness

Prevention of cholera

- Boiling drinking water
- Covering food properly
- Washing hands after using the latrine or toilet
- Warming left over food
- Use latrines properly
- Take the infected person to the hospital
- Observe good hygiene
- Washing fruits before eating

exercise

- 1) State vectors that spread cholera.
- 2) Suggest ways of preventing cholera.

Lesson 3

Relapsing fever:

- It is caused by spirochetes.
- It is spread by ticks/lice.
- A tick has eight legs and two main body parts.

Prevention of ticks:

- Dip animals in dip tanks with chemicals.
- Use insecticides power to spray where ticks hide.

- Practice double fencing.
- Remove ticks from animals using hands.
- Encourage egrets on farms to eat ticks off animals

A picture of a tick



Prevention of common vectors

Regular sweeping of the places where we stay.

Slashing bushy areas near our homes.

Spraying vectors with insecticides

Digging around the house

Smearing house

Draining stagnant water near our homes.

exercise

- 1) Mention the vector that spreads relapsing fever.
- 2) State any two ways of preventing ticks in animals.

Lesson 4 & 5

HIV/AIDS

Concept of HIV/AIDS:

HIV: Human Immunodeficiency Virus.

AIDS: Acquired Immune Deficiency Syndrome

Immune: protected against

Acquired: means to get

Deficiency: means lack of

Syndrome: signs and symptoms of diseases

HIV/ AIDS is caused by a virus. The virus that causes AIDS is called HIV.

Signs of AIDS

- Herpes zoster (kisipi)
- Kaposi's sarcoma (skin cancer)
- Oral thrush
- Diarrhea which lasts long
- Dry cough
- Excessive sweating at night
- Persistent fever

Symptoms of AIDS

- Tiredness
- Lack of energy.
- Feeling pain while swallowing.
- Loss of weight.
- Severe headache.

exercise

- 1) Write the words in full
 - a) HIV
 - b) AIDS
- 2) Mention any two signs and symptoms of HIV / AIDS

Lesson 6

How HIV/AIDS is spread:

- Through sexual intercourse with an infected person
- Through unscreened blood transfusion.
- Through sharing sharp piercing and cutting body instruments
- Through traditional circumcision (use of the same knife)
- Through use of unsterilized medical equipment e.g syringes
- From expectant mother to unborn baby

Effects of HIV/ AIDS:

- Death
- Loss of employment

- Body weakness
- Poverty
- Children drop out of school
- Very useful members of the community may be lost

exercise

- 1) Mention any three ways how HIV /AIDS is spread from one person to another.
- 2) State at least four effects of HIV / AIDS.

Lesson 7

Care for HIV/ AIDS patients:

- Keep them clean
- Wash your hands before and after caring for them
- Make sure the patient takes drugs on time
- Give a balanced diet to the patient
- Talk and play with the patient
- Give him/her hope
- Help them to stop bad habits like smoking, drinking alcohol

Control of HIV/AIDS:

- Abstain from sex if not married
- Have only one faithful marriage partner
- Use sterilized medical instruments
- Avoid sharing cutting instruments
- Use condoms if you must have sex

exercise

- 1) State any three signs and symptoms of HIV / AIDS.
- 2) Suggest ways of caring for HIV /AIDS patients.
- 3) Mention any two possible ways of controlling the spread of HIV / AIDS.

Lesson 8

PIASCY MESSAGES ABOUT HIV/ AIDS:

Presidential Initiative on AIDS Strategy for Communication to Youth (PIASCY).

PIASCY messages:

Have good morals

- Obey your religious teachings.
- Good morals help you to make right and safe choices.
- Be kind and honest
- Live your life with a purpose
- Listen to your parents, teachers and elders who show you good character and behaviour.

Follow your religion to stay safe:

- This helps you to delay sex until marriage.
- Pray for the strength to stay in school.
- It is a comfort zone when you have problems, it gives hope.

Always say no to sex:

- This enables you to remain healthy.
- It enables to complete school.
- It enables you to work towards your purpose of life.
- Always say no to offers from strangers.
- If someone is asking for sex, always tell a trusted adult.

exercise

Reciting PIASCY messages e.g.

Abstain from sex; say no to bad touches, self awareness

Assertiveness, self esteem, avoid dark corners, don't accept gifts from strangers

Week 6

Lesson 1

Stay in school

- Make education the most important thing in your life.
- Go to every day and study hard.
- Do not out of school to marry or work.
- Always help your parents at home.

Boys, girls stay in school:

- Both have equal rights to education and to stay safe.

- Both can do equal work and perform equally well in school.
- Girls do not accept gifts from boys in return for sex.

Importance of PIASCY messages in schools

- Helps children to develop awareness about AIDS
- Helps children to prevent acquiring HIV /AIDS
- Children get equipped with ways of caring for HIV / AIDS patients

exercise

Reciting PIASCY messages eg

Abstain from sex, say no to bad touches, self awareness

Assertiveness, self esteem, avoid dark corners, don't accept gifts from strangers

etc

Lesson 2&3

Topical questions

1) In one sentence give the meaning of vectors.

2) Name the vectors that spread the following diseases

a) Malaria -----

b) Sleeping sickness-----

c) Bilharzia-----

3) Identify any two causes of dehydration.

a) -----

b) -----

4) Mention at least three ways of controlling vectors in homes.

a) -----

b) -----

c) -----

5) How is a housefly able to spread faecal diseases?

6) Write the four ways of spreading germs in order

a) ----- b)-----

b) ----- d)-----

7) Identify any two ways how HIV /AIDS is spread from one person to another.

8) Mention at least two ways of preventing and controlling HIV /AIDS.

9) Why should people iron their clothes?

10) Write the following words in full.

a) SSS-----

b) HIV-----

c) ORS-----

Lesson 4

Energy in our Sub-County / Division

Sources of energy

Natural sources:

Wind e.g for sailing boats and driving wind mills

Water e.g for hydro electric power

Sun e.g for solar energy

Artificial sources

Fuel eg diesel, petrol, wood, charcoal, paraffin etc

Electricity in homes

Battery.

Uses of artificial energy:

Uses of diesel and Petrol

It is used to run vehicles.

Diesel oil is used for heating homes

Petrol is used as a solvent.

Petrol and diesel are used in generators to produce electricity.

Uses of paraffin

For lighting

For cooking

It can be used in generators to produce electricity.

exercise

- 1) Identify any two examples of natural sources of energy.
- 2) Give any three examples of artificial sources of energy.
- 3) Mention any one use of petrol and diesel to people.

Lesson 5

Uses of wood / charcoal

For cooking

For roasting maize

For baking bread

For study purpose

For making campfire

Uses of hydro electricity

Electricity is used for:

Running refrigerators

Lighting

Washing

Water heating

Cell phone charging

Ironing clothes

Industry machines are run by electricity

Examples of things that use electricity at home

Washing machines

Refrigerator

Flat iron

Television

Telephones

Computers etc

exercise

- 1) Name the natural source of fuel used by people in the villages.
- 2) State any two uses of electricity at home.
- 3) Mention at least three things that use electricity at home.

Lesson 6

Ways of saving energy

Using energy saving stoves or bulbs

Switching off electrical appliances when not in use

Putting out fire after use especially firewood and charcoal.

Planting trees for wood charcoal

Following instructions on proper use of energy

Importance of saving energy

To avoid wastage

To minimize cost

To use in the future

Lesson 7

Danger of energy

Dangers:

Live wires- electricity can shock people to death

Strong wind- can destroy buildings and crops

Storm- can destroy crops

Drought- can dry crops and kill animals

Floods – can destroy buildings, crops and kill people

Ways of avoiding dangers

Planting trees to act as wind breaks

Avoid playing with electric wires

Avoid pushing nails into sockets

Using fire extinguishers

exercise

- 1) State any two dangers of energy to people
- 2) Suggest any three ways of avoiding dangers of energy

Lesson 8

TOPICAL QUESTIONS

- 1) Identify the two sources of energy in our division.
 - a) -----
 - b) -----
- 2) State any three examples of natural sources of energy.
 - a) -----
 - b) -----
 - c) -----
- 3) Mention any things at your home that use electricity.
 - a) -----
 - b) -----
- 4) Suggest at least two artificial sources of energy used by people in the villages
 - a) -----
 - b) -----
- 5) State at least two uses of petrol and diesel to people
 - a) -----
 - b) -----
- 6) Suggest any three ways of saving energy at home
 - a) -----
 - b) -----
 - c) -----
- 7) Give any two dangers of saving energy
 - a) -----

b) -----

8) Identify at least two ways of avoiding dangers

a) -----

b) -----