

## **P.5 SCIENCE, MONDAY, 15 JUNE 2020.**

### **CHILDHOOD IMMUNISABLE DISEASES.**

These are diseases that attack children below 6 years of age.

These diseases keep on increasing in number because their body immunity is still weak.

### **EXAMPLES OF CHILDHOOD IMMUNISABLE DISEASES;**

- \*Tuberculosis
- \*Measles
- \*Poliomyelitis (Polio)
- \*Pertussis(whooping cough)
- \*Diphtheria
- \*Tetanus
- \*Hepatitis B
- \*Hemophilus influenza b.

### **TUBERCULOSIS:(TB)**

Tuberculosis is caused by a bacterium.

It is spread through air (air borne disease).

It is also spread by sharing cutlery ,cups and plates with an infected person.

### **Signs and symptoms of Tuberculosis.**

- \_Loss of body weight.
- \_Prolonged dry cough.
- \_Sweating a lot at night.
- \_Pain in the chest.
- \_Thick mucus.
- Genal body weakness.

### **Prevention and treatment of Tuberculosis.**

\_By immunisation using BCG vaccine at birth.

\_Isolate infected people.

\_Drinking properly boiled milk.

#### **NOTE.**

A baby is given BCG vaccine at birth because he/she is born with less immunity against Tuberculosis.

#### **ACTIVITY:**

- 1.How can a child be protected against Tuberculosis?
- 2.Which vaccine is given against Tuberculosis?
- 3.Give one sign of Tuberculosis.
- 4.How can the spread of Tuberculosis be controlled?
- 5.Why is BCG vaccine given to a child immediately after birth?

### **TUESDAY, 16th JUNE 2020:**

#### **POLIOMYELITIS (POLIO).**

Polio is caused by a virus.

It is spread through drinking water contaminated with polio germs,so it is a water borne disease.

#### **Signs and symptoms of poliomyelitis;**

\*Paralysed limbs causing lameness.

\*High fever.

\*Body weakness.

#### **Prevention and control of poliomyelitis.**

\_Immunisation at birth.

Drinking boiled water.

\*.Proper disposal of faeces.

**NOTE.**

Polio vaccine is given to a baby immediately at birth because a baby is born with less immunity against polio.

**MEASLES:**

Measles is a serious infection caused by a virus.

It spread through body contact.

Signs and symptoms of measles.

\_Rashes all over the body.

\_Red eyes.

\_Running nose.

\_Sore mouth and throat.

\_High fever.

**Prevention and control of measles.**

\*Immunisation at 9 months.

\*Isolation of the sick.

**PERTUSSIS (WHOOPING COUGH).**

Pertussis is caused by bacteria.

It is mainly spread through air.

**Signs and symptoms of pertussis:**

\_Coughing which may lead to vomiting.

\_Difficulty in breathing.

\_Quick deep breathing through the mouth.

\_Cold and fever at the beginning.

**Prevention and control of pertussis.**

\*Immunise with DPT.

Treat with antibiotics.

## **ACTIVITY.**

1. What causes measles?
2. Which vaccine immunised against measles?
3. Give one sign of whooping cough.
4. At what age is DPT vaccine given to a baby?

## **WEDNESDAY, 17th JUNE 2020.**

### **TETANUS:**

It is caused by a bacterium.

Bacteria that causes tetanus lives in the soil.

Tetanus germs enter into the body through open cuts and wounds.

### **Signs and symptoms of tetanus.**

\_Stiff body muscles.

\_Spasms when the body is touched.

\_Baby stops suckling the mother.

\_Fever.

### **Prevention of tetanus.**

\*Immunisation using DPT vaccine at 6 months.

\*Dressing cuts and wounds.

\*Using clean objects during birth.

### **HEPATITIS B.**

It is caused by a virus.

It is spread through drinking water contaminated with hepatitis B germs.

### **Signs and symptoms of Hepatitis B.**

\_Eyes turn yellow.

\_Tiredness.

\_Dark urine.

\_Loss of appetite.

### **Prevention and control of Hepatitis B.**

\*Immunisation with Hepatitis B vaccine.

\*Take enough fluids e.g chicken soup.

### **HEMOPHILUS INFLUNZA TYPE B.**

It is caused bacteria.

It is spread through air.

### **Signs and symptoms of influenza type B**

\_Fever.

\_Body weakness.

### **Treatment and prevention.**

Isolation of the sick.

Treat with antibiotics.

NOTE.

DPT stands for Diphtheria Pertussis Tetanus.

DPT is called a triple vaccine it immunised three diseases. I,e Diphtheria Pertussis and Tetanus.

### **DIPHTHERIA.**

It is caused by bacteria.

It is spread through inhaling air contaminated by germs from cough of an infected person.

### **Signs and symptoms of Diphtheria.**

\_Difficulty in breathing.

\_Swollen neck.

\_soar throat.

### **Prevention of Diphtheria.**

Immunisation with DPT vaccine at 6 months.

#### **ACTIVITY.**

1. Which vaccine is given to a baby against Tetanus?
2. How can the spread of Diphtheria be prevented?
3. Why is DPT called a triple vaccine?
4. Name one sign of Diphtheria.
5. Write DPT in full.

**THURSDAY, 18th JUNE 2020.**

### **OTHER IMMUNISABLE DISEASES.**

- \*Cholera
- \*Meningitis
- \*Yellow fever
- \*Rabies
- \*Small pox
- \*German measles
- \*Rabies
- \*Typhus fever
- \*Typhoid etc.

### **CHOLERA.**

It is caused by bacteria.

It is spread through contaminated water and food.

Food can be contaminated by house flies.

### **Signs and symptoms of cholera.**

\_Excess vomiting

\_Excess diarrhea.

\_Shock

\_Dehydration

\_Weakness collapse and death.

NOTE

What kills a person with cholera is not germs but dehydration.

**DEHYDRATION:**

This is a condition when the body lacks enough water in it.

**Causes of dehydration.**

a. Severe diarrhea.

B. Severe vomiting.

NB: Diarrhea and vomiting can lead to loss of water and important mineral salts such as sodium and potassium.

**Signs and symptoms of dehydration.**

\*Sunken eyes

\*Dry lips

\*Sunken fontanelle (soft spot on a baby's head)

\*Little or no urine is passed out

\*A pinch on the skin goes back to its shape slowly.

**ACTIVITY**

1. Write down any one other IMMUNISABLE disease
2. What causes cholera?
3. Write down one sign of cholera
4. Explain the term dehydration.
5. Give one mineral salt lost due to too much diarrhea and vomiting.

**FRIDAY, 19th JUNE 2020**

### **Treatment of dehydration:**

\*Give extra fluids.

\*Give ORS(Oral Rehydration Solution)

### **HOW TO MIX ORS**

1. Wash hands with clean water and soap.
2. Measure one liter of cool boiled water in a container.
3. Measure one leveled tea spoon full of salt and eight leveled tea spoons of sugar in the water.
4. Mix salt and sugar in water to make a solution.
5. Taste the solution, it should not taste salty.

NOTE.

**\_Water:** works as a solvent.

**\_Salt and sugar:** work as solutes.

\*salt replaces lost mineral salts

\*sugar provides lost energy

\*water replaces lost fluids.

\*Washing hands removes and kills germ in the hands.

It also prevents continuation of the solution.

### **ACTIVITY.**

1. Name the first step taken when preparing ORS.
2. Give one solute needed when preparing ORS.
3. Why should one wash hands before preparing ORS?
4. Write ORS in full.
5. Why should a baby with severe diarrhoea be given ORS?