

Infectious Diseases and How to Prevent Them

Chapter 23: Infectious Diseases and How to Prevent Them · Topic 1

Key Concept

Infectious diseases are caused by germs like bacteria and viruses, which can spread through air, water, contact, or insects.

Common infectious diseases include the common cold, flu, and chickenpox, spreading easily between people in close contact.

Prevention methods include washing hands regularly, covering our mouth when coughing, and getting vaccinated when available.

Practising good hygiene and prevention methods helps protect ourselves and others from catching and spreading infectious diseases.

Quick Revision Notes

- Infectious diseases caused by germs.
- Germs: bacteria, viruses.
- Spread via air, water, contact, insects.
- Examples: cold, flu, chickenpox.
- They spread easily in close contact.
- Prevention: wash hands, cover mouth when coughing.
- Vaccination also helps prevent disease.
- Good hygiene protects ourselves and others.

Practice Questions

- 1 List two infectious diseases you know.
- 2 Discuss two ways to prevent infectious disease spread.
- 3 Discuss why washing hands is important.
- 4 Research how vaccines help prevent disease.
- 5 Discuss good hygiene habits you practice.
- 6 Explain how infectious diseases spread.