

Diseases and First Aid

Chapter 25: Diseases and First Aid · Topic 1

Key Concept

Diseases can be communicable (spread between people, like flu) or non-communicable (not spread, like diabetes), each requiring different prevention approaches.

Preventing communicable diseases involves good hygiene, vaccination, and avoiding contact with infected individuals when possible.

Basic first aid includes treating minor injuries like cuts and burns, and knowing how to respond to more serious situations like choking or severe bleeding.

Knowing when to seek professional medical help, alongside basic first aid knowledge, is essential for handling health emergencies effectively.

Quick Revision Notes

- Communicable diseases spread between people, like flu.
- Non-communicable diseases don't spread, like diabetes.
- Prevention includes hygiene and vaccination.
- Avoiding infected contact helps prevent spread.
- First aid treats minor injuries like cuts and burns.
- It also addresses serious situations like choking.
- Knowing when to seek medical help is essential.
- First aid knowledge helps handle emergencies.

Practice Questions

- 1 Discuss the difference between communicable and non-communicable diseases.
- 2 List three ways to prevent communicable diseases.
- 3 Practice basic first aid for a small cut.
- 4 Discuss what to do in a choking emergency.
- 5 Research a vaccination and the disease it prevents.
- 6 Discuss when to seek professional medical help.