

Common Illnesses and Prevention

Chapter 6: Happy and Healthy Living · Topic 2

Key Concept

Colds and coughs often spread through germs in the air or on surfaces, so covering our mouth when coughing and washing hands helps prevent spreading them.

Stomach infections can result from eating unclean food or drinking contaminated water, so eating clean, well-cooked food and drinking safe water helps prevent them.

Vaccination is another important way to prevent certain serious illnesses, helping our body build immunity before we are exposed to a disease.

If we do get sick, resting, drinking fluids, and seeking medical help when needed are important steps to recover properly.

Quick Revision Notes

- Colds and coughs spread through germs.
- Covering our mouth when coughing helps prevent spreading illness.
- Washing hands prevents the spread of germs.
- Stomach infections can come from unclean food or water.
- Eating clean food and drinking safe water prevents infections.
- Vaccination helps build immunity against diseases.
- Resting and drinking fluids help recovery when sick.
- Seeking medical help is important when needed.

Practice Questions

- 1 Practice covering your mouth when coughing.
- 2 Discuss why washing hands prevents illness.
- 3 List foods and water safety practices your family follows.
- 4 Ask a family member about vaccinations you've had.
- 5 Discuss what to do when feeling sick.
- 6 Make a poster about preventing common illnesses.