

LESSON NOTE ON PHE

CLASS: J.S.S 3B

TEACHER: Dr Mgbeoduru H.E

TOPIC: COMMUNICABLE DISEASES

Performance Objectives :By the end of the lesson, the students will be able to:

- 1.Explain what communicable disease is.
- 2.Mention the causative agents and the diseases associated with them
3. Explain ways communicable diseases can be spread.
- 4.Explain how communicable diseases can be prevented.

Step 1- Communicable diseases are diseases that are capable of being passed from one individual to another through direct contact or intermediary agents. These diseases are also called infectious diseases.

Communicable diseases are caused by microscopic, parasitic organisms

that invade the body .

Step 2- Causative agents and diseases:

- 1. Bacteria:** Harmful bacteria are responsible for such diseases as gonorrhoea, meningitis,, tetanus etc.
- 2. Viruses-** Among the many virus-caused diseases are small pox, measles, mumps etc.
- 3. Rickettsiase -** Most of these organisms grow in the intestinal tracts of insects (vectors) that carry them to their human hosts such as blood sucking insects as lice, rat, fleas etc
- 4. Fungi-** ringworm and athlete foot are caused by fungi.
- 5. Protozoa and worms-** These are animal parasites that have developed the capacity to live in or on the body of others as host .
Protozoa are responsible for such diseases as amoebic dysentery and malaria.
- 6. Worms -** These make their homes in human beings such as pinworms,

tapeworms and flukes .

Step 3 -Mode of transmission:

1.physical contact with an infected person through:

(a)contact with the skin such as boils, scabies, ringworm etc.

(b) sexual contact/intercourse such as gonorrhoea, syphilis, STDS etc.

(c)fecal/oral contact(rotavirus) such as as diarrhoea, cholera.

(d) respiratory droplets such as mumps, influenzas.

2 .Contact with a contaminated surface or objects (norovirus) such as covid 19, food (salmonella, E.coli), blood eg HIV, hepatitis B,water (cholera).

3.Bites from insects or animals capable of passing the diseases eg rabies,plague,yellow fever,malaria .

4 .Through air eg tuberculous, cough etc.

Step 4-General principles of prevention:

1.Prevention of the dissemination of infected persons/materials through

isolation, quarantine and disinfection of bodily discharges and objects.

2. Blocking of the usual routes of transmission or spread of infected materials through modern sanitation such as water purification, sewage disposal, pasteurization and sanitary handling of milk, sterilization of utensils.

3. Vaccination/Immunization.

4. Personal general care of social distancing, hand washing, sneezing into the elbow, masking etc.

Evaluation:

a. What is communicable disease?

b. Mention some causative agents and the diseases associated with them.

c. Mention the modes of transmission you studied
d. Mention the various preventive measures of communicable diseases.

Assignment- Write the meaning of

these terms as measures to control communicable diseases .

References: Macmillan Physical and Health Education for Junior Secondary Schools .