

Chapter – 13 Why do we fall ill?

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Q.1 State any two conditions essential for good health.

Answer: Two conditions essential for good health are:

- (i) Physical, mental and social state.
- (ii) Healthier environment.

Q.2 State any two conditions essential for being free of disease.

Answer: The two conditions essential for being free of disease are:

- (1) Personal hygiene.
- (2) Clean and healthier environment.

Q.3. Are the answers to the above questions necessarily the same or different? Why?

Answer: The answer to the above questions is different as a person has no disease but his mental, social or economic health is not good.

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Q1. List any three reasons why you would think that you are sick and ought to see a doctor. If only one of these symptoms were present, would you still go to the doctor? Why or why not?

Answer: The three reasons why one think, he is sick are:

- (1) headache
- (2) cold and cough,
- (3) loose-motions.

As these indicates that there is a disease but what the disease is. So, one has to visit the doctor for the treatment on the basis of above symptoms.

Q2. In which of the following case do you think the long-term effects on your health are likely to be most unpleasant?

a. if you get jaundice,

b. if you get lice,

c. if you get acne.

Answer: Lice and acne do not cause long-term effects on the human body. But, the effects of jaundice is long-term because it is a chronic disease and complications are

(a) high fever, joint pains, and headache.

(b) nausea, vomiting, and abdominal pain.

(c) rashes and itchiness. So, jaundice damages liver function.

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Q1. Why are we normally advised to take bland and nourishing food when we are sick?

Answer: All the normal functions of the body is disturbed in illness. So, a nourishing food with all the nutrients is essential, which digest easily. So, bland and nourishing food is advised in sickness.

Q2. What are the different means by which infectious diseases are spread?

Answer: Infectious diseases spread in different ways:

- a) Through air
- b) Direct or indirect contact with other person
- c) Soiled objects
- d) Skin or mucous membrane
- e) Saliva, urine
- f) Blood and body secretions
- g) Through sexual contact
- h) Contaminated food and water.

Q3. What precautions can you take in your school to reduce the incidence of infectious diseases?

Answer: The precautions are:

- a. Wash hands regularly.
- b. Get vaccinated.
- c. Use antibiotics.
- d. Stay at home.
- e. Take healthy food intake
- f. Disinfect 'sensitive zones' in the house.

Q4. What is immunisation?

Answer: Immunisation is a process when people are secured against disease caused by infection with microbes known as pathogens.

Q5. What are the immunization programmes available at the nearest health centre in your locality?

Answer: At the nearest health centre in our locality, the following immunisation programmes are available:

- a. Immunisation for infants—DPT, BCG, polio, measles and MMR.
- b. For children—Typhoid, TT, DT, small pox and TAB.
- c. For pregnant woman— TT and hepatitis-B.
- d. Recently in 2020, a molecular test is used to detect SARS-CoV-2 to detect infection by Polymerase chain reaction (PCR) test. Samples are collected from the nose and/or throat with a swab.

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Q1. How many times did you fall ill in the last year? What were the illness?

- a) Think of any change you could make in your habits in order to avoid any of / most of the above illness.
- b) Think of one change you wish for in your surroundings in order to avoid any of/ most of the above illness.

Answer:

Once I fell ill in the last one year. I suffered from dengue fever.

- a) I use mosquito repellent with 10% concentration of diethyltoluamide (DEET), to keep mosquito away for longer time
- b) I started decontaminating still water, and to keep water covered and using a proper disinfectant, so that chances of developing a mosquito gets reduced.

Q2. A doctor/nurse/health-worker is exposed to more sick people to more sick people than others in the community. Find out how she/he avoids getting sick herself/himself.

Answer:

A doctor/nurse/health-worker is exposed to more sick people than others in the community. He/she prevent disease by:

- i) To keep the workplace well sanitized.
- ii) To keep the medical equipment's sterilised.
- iii) To wash hands with soap after serious examination or operation of the patients.
- iv) To wear aprons, gloves, masks or face- shield.

Q3. Conduct a survey in your neighbourhood to find out what the three most common disease are. Suggest three steps that could be taken by your local authorities to bring down the incidence of these disease.

Answer:

The three most common diseases are:

- i) Cold and cough.
- ii) Typhoid.
- iii) Diarrhoea.

The steps that is taken by local authorities are:

- i) To have better sanitation and clean environment by regular disposal of garbage.
- ii) To arrange immunity boosting programmes frequently against common infectious disease.
- iii) To drink clean water.

Q4. A baby is not able to tell her/her caretakers that she/he is sick. What would help us to find out

- a) That the baby is sick?
- b) What is the sickness?

Answer:

- a) The symptoms that helps to find that a baby is sick are:
 - i) If a baby is crying continuously and restlessly.
 - ii) If a babby do not consume proper food.
 - iii) If has high body temperature or fever and loose motions
 - iv) If a baby suffer from diarrhoea.

Q5. Under which of the following conditions is a person most likely to fall sick?

- a) When she is recovering from malaria,
- b) When she has recovered from malaria and is taking care of someone suffering from chicken pox.

- c) **When she is on a four-day fast after recovering from malaria and in taking care of someone suffering from chicken-pox. Why?**

Answer:

A person will fall sick when she is on a four-day fast after recovering from malaria and is taking care of someone suffering from chicken pox, as she has suffered from malaria and is in recovery phase and is not completely diseases-free. Fasting disturbs the immune system as the body do not get essential nutrients. Chicken pox is a infectious disease, making her liable to the disease while taking care of that person.

Q6. Under which of the following conditions are you most likely to fall sick?

- a) **When you are taking examinations.**
- b) **When you have travelled by bus and train for two days.**
- c) **When your friend is suffering from measles. Why?**

Answer b) When your friend is suffering from measles.

The likely condition to fall sick is when our friend is suffering from measles as measles is a very contagious disease. If we visit our friends' home then the disease will spread through air in the form of droplets by sneezing, coughing, nasal discharge etc.as microbes enter into respiratory tract of human lungs and get infected by the disease.