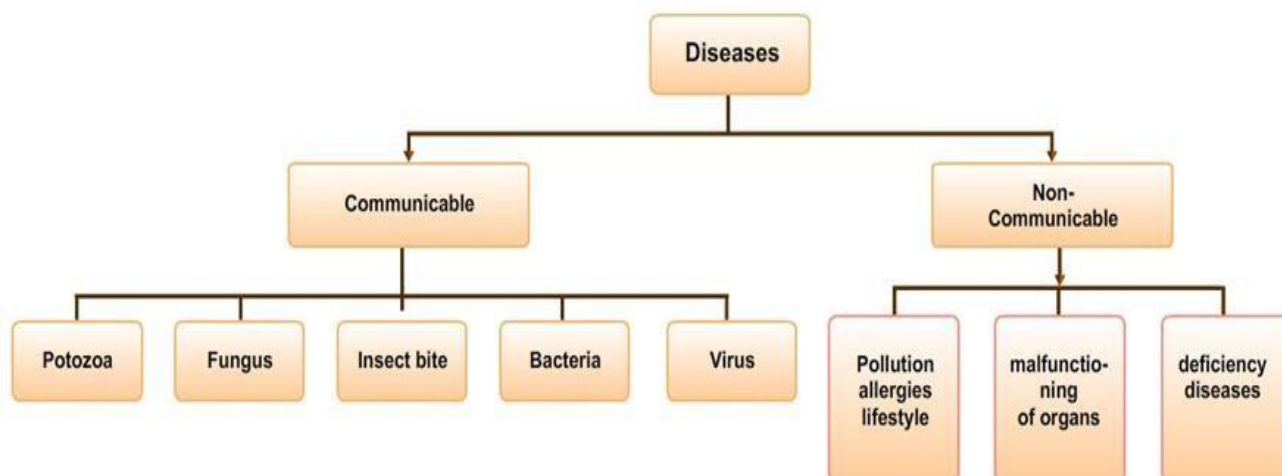


ICSE BIOLOGY CLASS 8 HEALTH AND HYGIENE



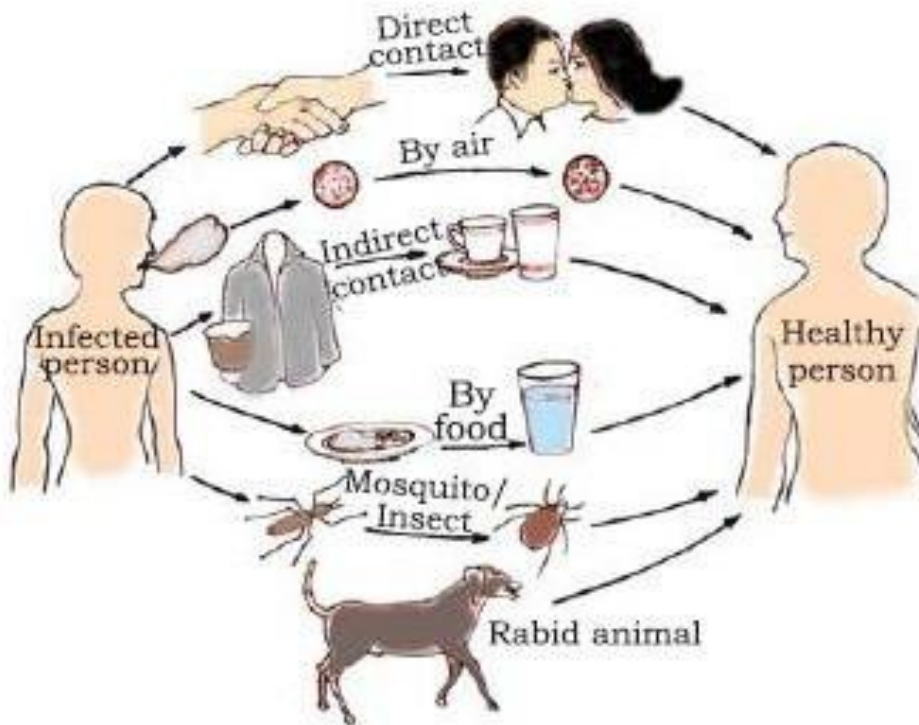
COMMON DEFICIENCY DISEASES

VITAMINS		MINERALS	
	Night blindness, dull skin		Weak bones and teeth, Delay in clotting of blood
	Beri beri		Anemia
	Scurvy		Goiter
	Rickets, osteomalacia		Muscular pain, dehydration, low response to stimuli

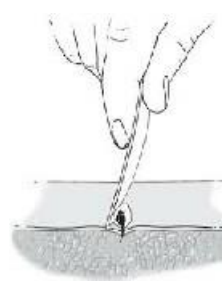
Prevention of diseases

- Healthy environment
- Immunization
- Personal hygiene
- Public hygiene (proper disposal of wastes, sanitation)

Common methods of transmission of communicable diseases



FIRST AID

Cuts (PAW)	Bites (BAT)	Stings (SAI)	Burns (CCC)
 Wash the area with soap and water Apply antiseptic Press the area with a clean cloth if there is bleeding	 A Tourniquet can be applied to the area above the bite The Bite should be washed A doctor should be consulted without delay to administer Anti rabies or anti venom injection	 The Sting should be carefully removed Anti-histamine may be given to reduce swelling Ice pack can be applied	 Cool the area under running water Cover with loose non-sticky dressing Call the ambulance for third degree burns