

Chapter 13

WHY DO WE FALL ILL?

Principles of Treatment:

The treatment of infectious diseases consists of two steps. They are:

1. To reduce the effects of the disease (symptoms).
2. To kill the microbes which caused the disease.

Principles of Prevention:

There are two ways of prevention of infectious diseases. They are:

- ✓ General ways
- ✓ Specific ways

General ways of prevention:

- Public hygiene is most important for prevention of infectious diseases.
- Proper and sufficient food for everyone will make people healthy to resist infection.
- Air borne diseases can be prevented by living in conditions that are not crowded.
- Water borne diseases can be prevented by providing safe drinking water.
- Vector borne diseases can be prevented by providing clean environment.



The specific ways to prevent infectious disease is,

Immunisation by taking vaccines.

Vaccines provide immunity from infectious diseases like tetanus, diphtheria, whooping cough, measles, polio etc.



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