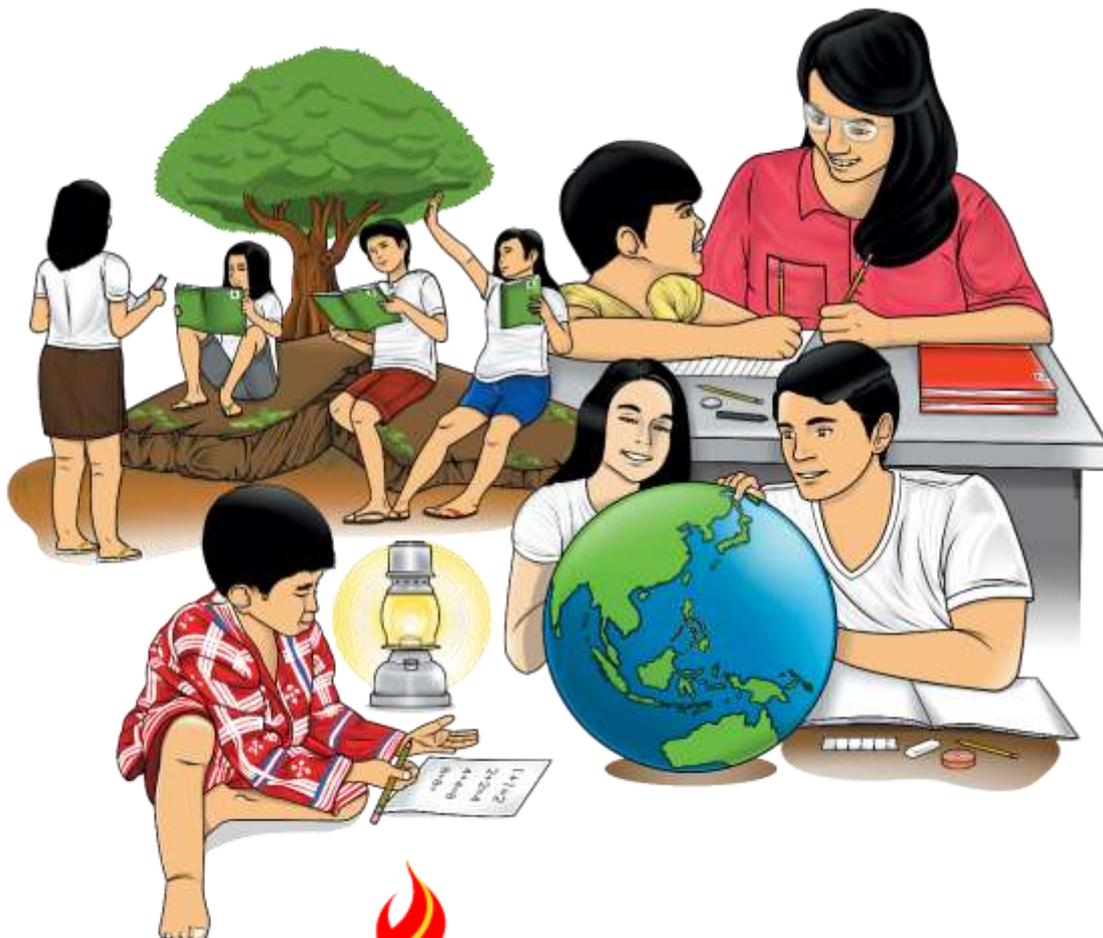


# Health

## Quarter 3 - Module 1: Stages of Infection



**Health – Grade 8**  
**Alternative Delivery Mode**  
**Quarter 3 – Module 1: Stages of Infection**  
**First Edition, 2020**

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# Health

## Quarter 3 – Module 1: Stages of Infection

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

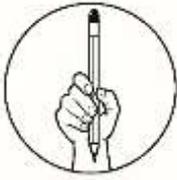
This module was designed and written with you in mind. It is here to help you master the Stages of Infection. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be change to correspond with the textbook you are now using.

The module contains:

### **Lesson 1- Stages of Infection**

After going through this module, you are expected to:

1. discuss the stages of infection (H8DD-IIIa-15)
  - a. determine the four stages of infection of communicable diseases;
  - b. identify the signs and symptoms of the different stages of infection;
  - c. describe the graph showing the stages of infection; and
  - d. create a poster about the four stages of infections.



## ***What I Know***

**Directions:** Read the questions carefully. Choose the letter of the correct answer.  
Write your answers in your activity notebook.

1. What is the first stage of infection?
  - A. Convalescence
  - B. Illness
  - C. Incubation
  - D. Prodromal
  
2. What is the second stage of infection which starts from the onset of non-specific signs and symptoms such as fever?
  - A. Convalescence
  - B. Illness
  - C. Incubation
  - D. Prodromal
  
3. What is the third stage of infection which begins when more specific signs and symptoms appear?
  - A. Convalescence
  - B. Illness
  - C. Incubation
  - D. Prodromal
  
4. In what stage of infection do acute symptoms of infection start to disappear?
  - A. Convalescence
  - B. Illness
  - C. Incubation
  - D. Prodromal
  
5. Which of the following is not a sign and symptom of the common colds during the illness stage?
  - A. High Fever
  - B. Runny Nose
  - C. Sore Throat
  - D. Urinary Tract Infection

6. What do you call the invasion and multiplication of microorganisms such as bacteria, viruses and parasites that are not normally present within the body?
  - A. Diseases
  - B. Infections
  - C. Stages
  - D. All of these
  
7. What stage of infection shows the interval between the entrance of pathogen into the body and appearance of first symptoms?
  - A. Convalescence
  - B. Illness
  - C. Incubation
  - D. Prodromal
  
8. Which of the following is NOT a common sign and symptom during prodromal stage flu?
  - A. headache
  - B. runny nose
  - C. fever
  - D. toothache
  
9. What can you do to prevent transmission of infectious diseases?
  - A. Maintaining good hygiene
  - B. Wearing face mask and face shield
  - C. Avoiding direct contact with infected people
  - D. All of the above
  
10. What type of diseases is caused by the direct and indirect spread of pathogens from one person to another?
  - A. lifestyle related diseases
  - B. hereditary diseases
  - C. communicable diseases
  - D. non-communicable diseases
  
11. What are the diseases caused by organisms such as bacteria, viruses, fungi, or parasites?
  - A. allergy
  - B. cancer
  - C. infectious diseases
  - D. non-infectious diseases
  
12. What is the other term for convalescence stage?
  - A. Illness Period
  - B. Incubation Stage
  - C. Prodromal Stage
  - D. Recovery Stage

13. What should the sick person do if he/she gets infected?

- A. maintain personal hygiene
- B. staying away from other people
- C. taking the advice of the doctors
- D. all of these

14. How long is the incubation period for chickenpox?

- A. 1 to 2 days
- B. 1 to 3 days
- C. 12 to 25 days
- D. 2 to 3 weeks

15. How long is the incubation period for mumps?

- A. 1 to 2 days
- B. 1 to 3 days
- C. 12 to 25 days
- D. 2 to 3 weeks

# Lesson 1

## Stages of Infection

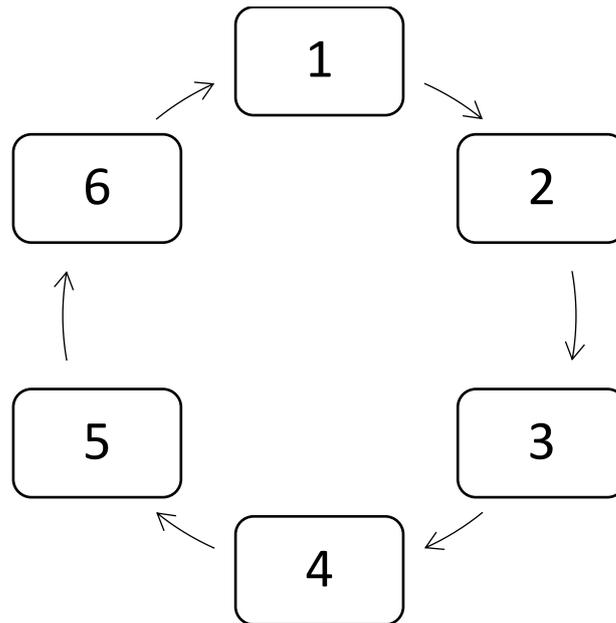
*Knowing the different stages of infections will guide you on what to do when the first symptoms appear. It will also help you to prevent the spread of infection and prevent the possibility of relapse.*



### ***What's In***

**Directions:** In your activity notebook, write the chain of infections in the box based on the story below. Remember that the elements in the chain are sequentially arranged. Choose your answer from the pool of words/ phrases below. Do this in your activity notebook.

- Water
- Fungus
- Feet
- Sock
- Through the sock
- One who uses sock



Peter joined the school fun run; he desired to win so he didn't mind if he was stepping on water wherein his foot got soaked. Even if this made him uncomfortable because his feet were very itchy, he didn't do anything but removed his socks that evening.

He hung his pair of socks at the back of the refrigerator to dry and immediately went to sleep because he was so tired.

The following morning, his brother John saw the dried pair of socks and used it thinking that it was clean.

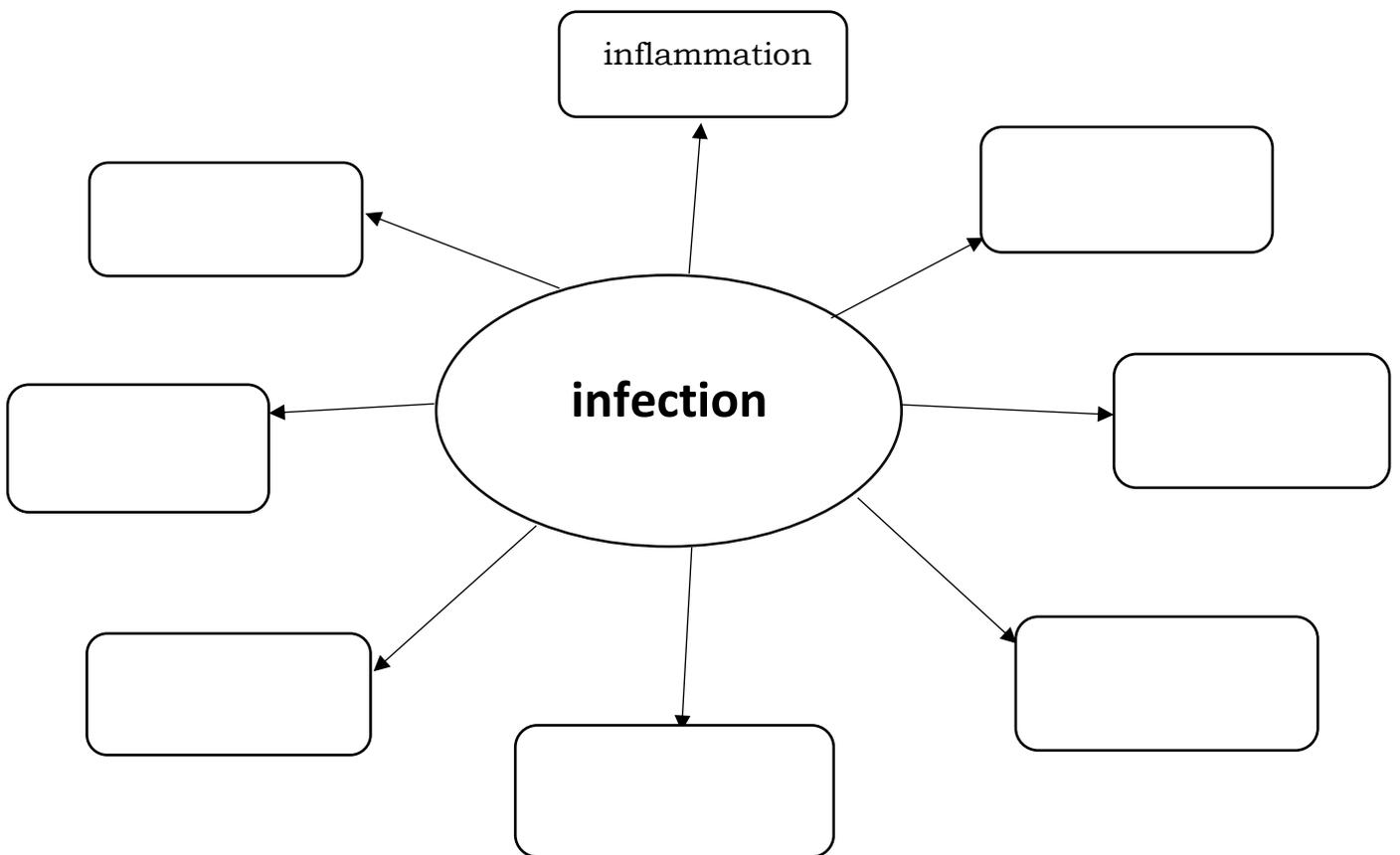
**Guide Questions:**

1. What kind of pathogens have the ability to cause Peter's diseases?
2. Where do these microorganisms thrive and reproduce?
3. Where is the reservoir of the microorganisms?
4. How did the microorganisms transfer to John?
5. Where did the microorganisms enter John?
6. Who is the next host?



## What's New

**Directions:** Using the graphic organizer below, write eight (8) words that are related to *infection* in the box. The first one is done for you. Write your answers in your activity notebook.





## What is It

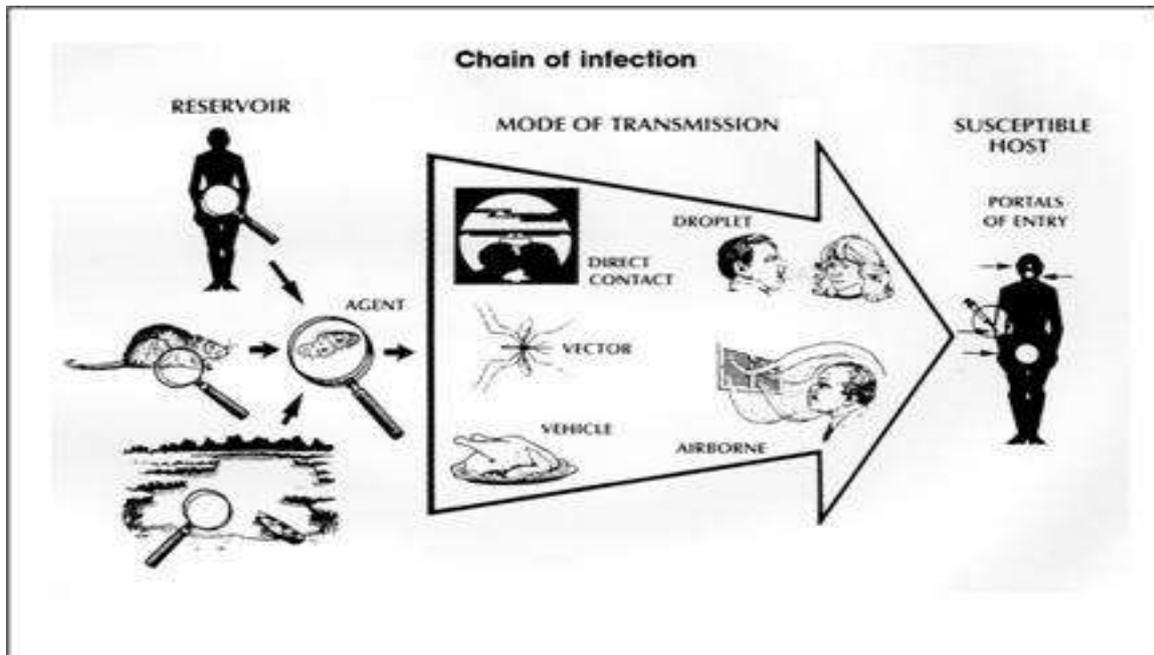
When a person is sick, the first stage of infection is **incubation**. It is the period starting from the entry of the pathogen until the appearance of the first sign. For example, chickenpox, takes two (2) to three (3) weeks of incubation; common colds takes one (1) to two (2) days; , while influenza holds one (1) to three (3) days; and mumps holds twelve (12) to twenty-five (25) days.

The second stage is called the **prodromal stage** which starts from the onset of non-specific signs and symptoms such as fever, headache, and fatigue.

**The illness stage** begins when more specific signs and symptoms appear. For example, the common cold is characterized by sore throat, sinus congestion, and rhinitis, mumps manifested by earache, high fever, and salivary gland swelling.

The last stage of infection is an interval when acute symptoms of infection disappear. The length of recovery depends on the severity of the infection and the sick person's general state of health. Recovery may take several days to months and is called the **convalescence stage**.

Let's review the chain of infection, study the figure below:

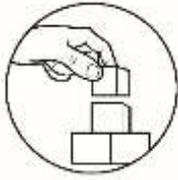


Source: Centers for Disease Control and Prevention.  
*Principles of epidemiology, 2nd ed. Atlanta: U.S. Department of Health and Human Services;1992.*

Communicable diseases result from the interaction of an infectious agent called pathogens, host, and environment. Pathogens are disease causing organisms which can be viruses, bacteria, fungi, among others. Transmission occurs when the pathogen leaves its **reservoir** or host through a **portal of exit**, which is delivered by some **mode of transmission**, and enters through an appropriate **portal of entry** to infect a **susceptible host**.

Reservoirs can be a place such as bodies of water, animals, and humans. Examples of mode of transmission include direct contact, air borne, and vector borne. Examples of portal of exit and entry include the nose, mouth, skin, and genitals to name a few.

By understanding the chain of infection, the sick person must intervene to prevent the infection from developing any further. When a sick person acquires an infection, he/she must observe signs and symptoms of infection and take appropriate actions to prevent the spread like staying away from other people, and taking the doctor's advice seriously. Infection follows a progressive course as explained above. The severity of the sick person's illness depends on the extent of the infection, the pathogenicity of the microorganism, and the susceptibility of the host.



## ***What's More***

### **Activity 1: What do you know**

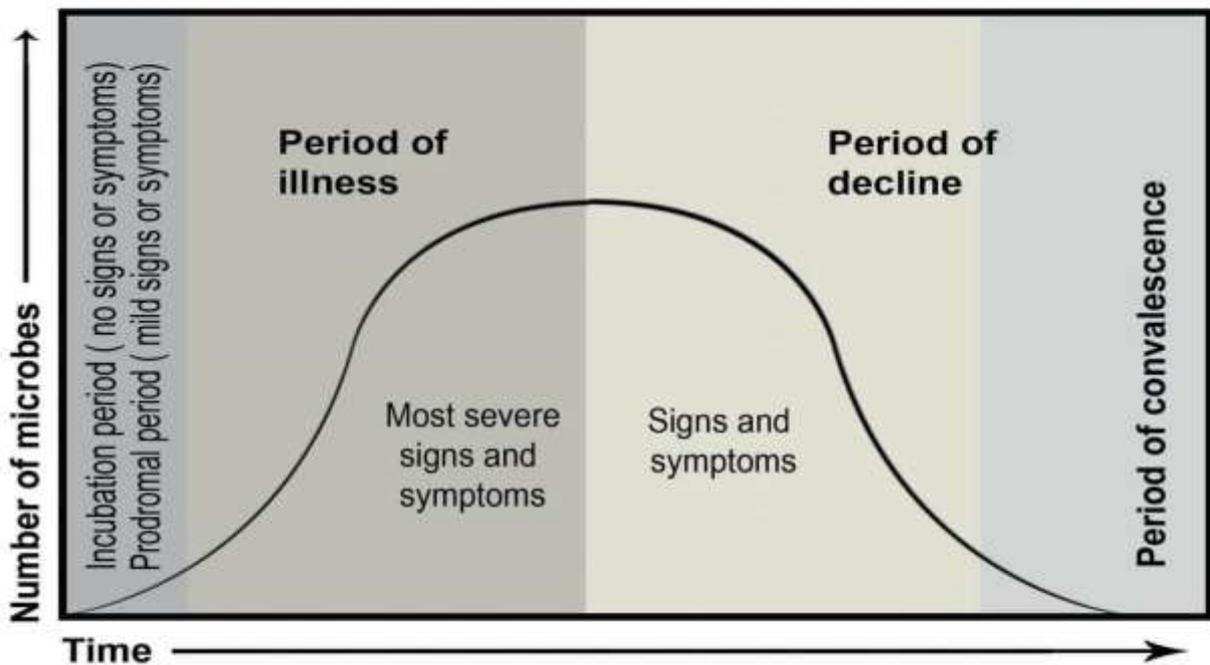
**Directions:** Enumerate the four stages of infection and describe each stage.  
Write your answer in your activity notebook.

A large, empty, rounded rectangular box with a grey shadow on the top-left and bottom-left corners, intended for the student to write their answer.

## Activity 2: Describe the Graph

**Directions:** Study the graph below and answer the questions that follow.  
Write your answers in your activity notebook.

1. Where does the arc start and end? What does it mean?
2. Describe the flow of the arc. If you noticed, it started low, then up, then, it goes down.





## ***What I Have Learned***

### **Activity: Pick and Put**

**Directions:** Copy the table below in your activity notebook. Then, classify the entries under choices. Be guided by the stages of infections provided.

<b>Incubation Stage</b>	<b>Prodromal Stage</b>	<b>Illness Stage</b>	<b>Convalescence Stage</b>

### **CHOICES:**

Length of recovery depends on the severity of the infection and the patient's general state of health; take several days to months.	Chickenpox, 2-3 weeks Common cold, 1-2 days Influenza, 1-3 days Mumps, 12-25 days	Malaise, low-grade fever, fatigue	Common cold manifested by sore throat, sinus congestion, rhinitis, mumps manifested by earache.
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## What I Can Do

### Activity 1: I Have to Decide

**Directions:** Match the entries under Column 1 with Column 2. Then, put a check mark on the item which you consider correct. Refer to the scoring sheet on the next page.

1	2	3	4
WHEN THE FOLLOWING HAPPENS...	WHAT WILL I DO?	YES	NO
By understanding the chain and stages of infection	I will intervene to prevent infections from developing		
When I acquire infection	I will observe signs and symptoms of infections		
When there are symptoms and signs	I will take appropriate actions to prevent its spread.		
If the symptoms and signs persist	I will see the appropriate doctor/medical specialist.		

Let us see how you scored the activity;



If you have checked all Yes, then you are really a disciplined and health conscious student. You are ready to be a model for others to follow.



If you have checked two (2) Yes, then you have to go back to where you started and internalize or analyze what a sick person should do when he/ she is infected. So that when you are infected you know what to do.



If you have checked one (1) Yes, then you have to read the module again.

## Activity 2: Poster Making

**Directions:** Create a poster showing the four stages of infection. Do this on a long bond paper. Be guided by the rubrics below.

<b>Skills</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Pictures/ Graphics	Pictures and graphics are clear and relevant.	Most pictures and graphics are clear and relevant.	Few of the pictures and graphics are clear and relevant.	Pictures and graphics are not relevant.
Visual Clarity and Appeal	The poster has an excellent design and layout. It is neat and clear.	The poster has a nice design and layout. It is neat and easy to read.	The poster needs improvement in design, layout or neatness.	The poster needs significant improvement in design, layout and neatness.
Content/ Creativity	The poster has excellent original content and creativity	The poster has nice original content and creativity	The poster has less original content and creativity	The poster has no original content and creativity.



## Assessment

**Directions:** Read the questions carefully. Choose the letter of the correct answer. Write your answers in your activity notebook.

1. What should the sick person do if he/she gets infected?
  - A. maintain personal hygiene
  - B. staying away from other people
  - C. taking the advice of the doctors
  - D. all of these
2. How long is the incubation period for mumps?
  - A. 1 to 2 days
  - B. 1 to 3 days
  - C. 12 to 25 days
  - D. 2 to 3 weeks

3. What is the other term for convalescence stage?
  - A. Illness Period
  - B. Incubation Stage
  - C. Prodromal Stage
  - D. Recovery Stage
  
4. What stage of infection shows the interval between the entrance of pathogen into the body and appearance of first symptoms?
  - A. Convalescence
  - B. Illness or Clinical stage
  - C. Incubation
  - D. Prodromal
  
5. What type of diseases is caused by the direct and indirect spread of pathogens from one person to another?
  - A. lifestyle related diseases
  - B. hereditary diseases
  - C. communicable diseases
  - D. non-communicable diseases
  
6. What can you do to prevent transmission of infectious diseases?
  - A. Maintaining good hygiene
  - B. Wearing face mask and face shield
  - C. Avoiding direct contact with infected people
  - D. all of the above
  
7. What are the diseases caused by organisms such as bacteria, viruses, fungi, or parasites?
  - A. allergy
  - B. cancer
  - C. infectious diseases
  - D. non-infectious diseases
  
8. How long is the incubation period for chickenpox?
  - A. 1 to 2 days
  - B. 1 to 3 days
  - C. 12 to 25 days
  - D. 2 to 3 weeks
  
9. What do you call the invasion and multiplication of microorganisms such as bacteria, viruses and parasites that are not normally present within the body?
  - A. Diseases
  - B. Infections
  - C. Stages
  - D. All of these

10. Which of the following is NOT a common sign and symptom during prodromal stage of flu?
- A. headache
  - B. runny nose
  - C. fever
  - D. toothache
11. What is the first stage of infection?
- A. Convalescence
  - B. Illness
  - C. Incubation
  - D. Prodromal
12. What is the third stage of infection which begins when more specific signs and symptoms appear?
- A. Convalescence
  - B. Illness
  - C. Incubation
  - D. Prodromal
13. In what stage of infection do acute symptoms of infection disappear?
- A. Convalescence
  - B. Illness
  - C. Incubation
  - D. Prodromal
14. Which of the following is not a sign and symptom of the common colds during the illness stage?
- A. High Fever
  - B. Runny Nose
  - C. Sore Throat
  - D. Urinary Tract Infection
15. What is the second stage of infection which starts from the onset of non-specific signs and symptoms such as fever?
- A. Convalescence
  - B. Illness
  - C. Incubation
  - D. Prodromal



## ***Additional Activities***

### **Activity 1: Remember Me**

**Directions:** Recall your experience of getting an infectious disease. Narrate what happened according to the four stages of infection. Write your answer in your activity notebook.

Incubation Period-

Prodromal Stage-

Illness Stage-

Convalescence Stage-



# Answer Key

<u>What I Know</u>	<u>Assessment</u>	<u>What's New</u>
1. C	1. D	1. Fungus
2. D	2. C	2. Water
3. B	3. D	3. sock
4. A	4. C	4. Through the sock
5. D	5. C	5. feet
6. B	6. D	6. One who uses sock
7. C	5. C	
8. C	8. D	
9. D	9. B	
10. A	10. C	
11. A	11. C	
12. D	12. D	
13. D	13. A	
14. A	14. D	
15. D	15. D	

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