

# Health

## Quarter 3 - Module 3: Awareness to the Communicable Diseases



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**Health – Grade 8**  
**Alternative Delivery Mode**  
**Quarter 3 – Module 3: Awareness to the Communicable Diseases**  
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# **Health**

## **Quarter 3 – Module 3: Awareness to the Communicable Diseases**

# **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 Signs, Symptoms, and Effects of Communicable Diseases. 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 changed to correspond with the textbook you are now using.

The module contains:

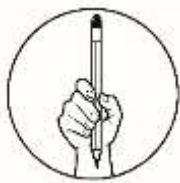
Lesson 1: Signs, Symptoms, and Effects of Communicable Diseases

Lesson 2: Misconceptions, Myths, and Beliefs about Common Communicable Diseases

Lesson 3: Prevention and Control of Communicable Diseases

After going through this module, you are expected to:

1. discuss the signs, symptoms, and effects of common communicable diseases (H8DD-IIIb-c-17), (H8DD-IIIb-c-18) and (H8DD-IIIb-c-19);
  - a. describe the signs and symptoms, and effects of common communicable diseases;
  - b. identify misconceptions, myths, and beliefs of common communicable diseases;
  - c. apply preventive measures to avoid communicable diseases



## ***What I Know***

### **How Well Do You Know the Nature of Diseases?**

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

1. What transmissible respiratory illness is caused by viruses that infects the nose, throat and sometimes the lungs which causes flu?  
A. Bronchitis  
B. Influenza  
C. Pneumonia  
D. Tuberculosis
2. Who will you consult if you have cough for more than two weeks?  
A. mother  
B. physician  
C. teacher  
D. nurse
3. Which of the following is the best way to avoid dengue virus?  
A. Observing and maintaining cleanliness inside and outside of your house.  
B. Wearing short sleeves and shorts in endemic areas.  
C. Stocking water in water drums and leaving it open 24 hours.  
D. Using unregistered mosquito repellent readily available.
4. Which disease is characterized by inflammation and infection of air sacs in one or both lungs?  
A. Bronchitis  
B. Colds  
C. Pneumonia  
D. Tuberculosis
5. When is handwashing recommended?  
A. Before and after eating  
B. After using the bathroom  
C. After sneezing and /or coughing  
D. All of the above
6. Which of the following is an airborne disease caused by mycobacterium?  
A. Bronchitis  
B. Pneumonia  
C. Sexually Transmitted Infections (STI)  
D. Tuberculosis (TB)
7. Which of the following activities does NOT prevent Pneumonia?  
A. Maintaining a healthy lifestyle by exercising and eating a balanced diet.  
B. Using masks and practicing social distancing.  
C. Quit cigarette smoking and use vape instead.  
D. Proper handwashing.
8. What will you do to avoid Acute Upper Respiratory Tract infection?  
A. Practicing hand and dental hygiene.  
B. Eat lots of candies and chocolate.  
C. Sharing utensils with others.  
D. Wearing sleeveless and shorts in cold weather.

9. How does Human Immunodeficiency Virus (HIV) infection be transmitted?
- A. by kissing
  - B. sharing utensils
  - C. holding hands
  - D. none of the above
10. When there are symptoms and signs of an illness, what will you do?
- A. Buy and take the medicine immediately.
  - B. Consult a physician.
  - C. Just sleep in the bed for the whole day.
  - D. Post in social media
11. Which is a misconception about communicable diseases?
- A. Antibiotics always cure pneumonia.
  - B. Children are more vulnerable to have bronchitis as compared to adults.
  - C. People do not need to get vaccinated if they are healthy.
  - D. Pulmonary tuberculosis can be treated.
12. What is the proper etiquette when coughing or sneezing?
- A. Cough or sneeze into your upper sleeve or elbow.
  - B. Use disposable tissue and dispose properly after using.
  - C. Wear face mask when coughing or sneezing.
  - D. All of the above
13. Which is NOT a contagious disease?
- A. Allergy
  - B. Bronchitis
  - C. Influenza
  - D. Pneumonia
14. Which is TRUE in the management of acute respiratory tract infections?
- A. If the causative agent is bacteria, drinking plenty of water and rest is sufficient, antibiotic treatment is not needed.
  - B. If the causative agent is a virus, antibiotic treatment is needed.
  - C. If a causative agent is a virus, antibiotic treatment is not needed.
  - D. None of the above
15. What is the best preventive measure to avoid the spread of communicable diseases?
- A. Proper handwashing with soap and water.
  - B. Eating balance diet.
  - C. Going out to public places without face mask and face shield.
  - D. Self-medicate with over-the-counter drugs.

# Lesson 1

## Signs and Symptoms of Communicable Diseases

Disease prevention and control are very important health concerns because they affect the quality of people's lives. Contagious diseases not only threaten the sick person but also his/her family and the society in general. Thus, protecting ourselves and our families from diseases are both a personal and social responsibility.

This module will let you demonstrate an understanding of signs, symptoms and effects of common communicable diseases. After learning this module, you will be enlightened and become aware that you need to stay away from the carrier of communicable disease and practice preventive measures.



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

#### **Match and Connect!**

#### **Activity**

**Directions:** Read and copy in your activity notebook. Choose your answer from column B. Write the letter and the words of the correct answer.

<b>A</b>	<b>B</b>
1. It is an infection of the lungs.	A. dengue
2. It is a disease that can be prevented by applying mosquito repellant	B. pneumonia
3. This can be prevented by observing abstinence from sexual intercourse.	C. tuberculosis
4. It is caused by the infiltration of mycobacterium in the lungs.	D. STI
5. It is another word for contagious disease	E. respiratory Infection
6. It is a potential serious infection that prevents normal breathing function	F. communicable disease
7. It is a Flu virus that spreads through the droplets from cough and sneezes.	G. Aedes aegypti
8. These are objective evidences of a disease that can be observed by others.	H. symptoms
9. These are abnormalities that indicate a potential medical condition	I. signs
10. This is a type of mosquito which is a carrier of dengue	J. Influenza





## ***What's New***

### **Feel Me!**

**Directions:** Study each picture shown below. Answer the proceeding questions that follow. Write your answer in your activity notebook.



Illustrated by Ruth B. Elman

1. What do you observe with the pictures?

\_\_\_\_\_.

2. What do the pictures have in common?

\_\_\_\_\_.

3. What to do to prevent it from happening?

\_\_\_\_\_.



## ***What is It***

### **READ ME!**

A disease that spread from one person to another is called communicable disease. It is a disease that is caused or pathogens. Pathogens can be viruses, bacteria, fungi, helminths, to name a few. It is a disease that can be transmitted.

Signs and symptoms are abnormalities that indicate a potential medical condition. A symptom is subjective that is apparent only to the patient, while a sign is any objective evidence of a disease that can be observed by others.

<b>Communicable Diseases</b>	<b>Meaning</b>	<b>Signs and Symptoms</b>	<b>Preventive Measures</b>
1. Acute Upper Respiratory Tract Infections (URTI)	As the name suggests the Upper Respiratory Tract compose the major passages and structures of the upper respiratory tract include the nose or nostrils, nasal cavity, mouth, throat (pharynx), and voice box (larynx). URTI is any infection along the tract. It includes common colds, Infectious mononucleosis, Influenza, Pharyngitis, Sinusitis, and Pertussis	nasal congestion and discharge (rhinorrhea), sneezing, sore throat, cough, low-grade fever, headache, and malaise	Practice good hygiene and preventive measures. Drink plenty of water
2. Pneumonia	Inflammation and infection of the air sacs in one or both lungs.	chest pain, shortness of breath, shaking, chills, high fever	Practice a healthy lifestyle and preventive measures.  Get pneumococcal vaccine.
3. Bronchitis	Inflammation of bronchial tubes, the airways that carry air to your lungs.	Productive cough, headache, sore throat, wheezing and shortness of breath, pain in the upper chest.	Wash hand frequently.  Consider wearing a mask.
4. Influenza	Flu virus spread through the spray from cough and sneezes.	Cough, colds, fever, Musculo-skeletal pain/ malaise, loss of appetite, inflammation of the nose and pharynx	Get vaccinated for flu yearly.  Practice standard preventive measures, and healthy lifestyle.
5. Pulmonary Tuberculosis (PTB)	Caused by bacteria called <i>mycobacterium tuberculosis</i> that attack the lungs that may damage other parts of the body	Cough for two weeks or more, bloody sputum, chest and back pain for one month or more, night sweats, weight loss	Avoid close contact with someone who has Pulmonary Tuberculosis .

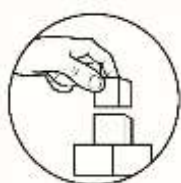
6. Dengue	<p>transmitted by the <i>Aedes Aegypti</i> mosquito. It is caused by a flavivirus.</p> <p>It has four serotypes.</p>	<p>On-and-off/intermittent fever, headache most prominent around the eyes or periorbital area, slow pulse rate, low blood pressure, abdominal pain, bleeding, rashes, muscle pains,</p>	<p>Wear a long sleeve shirt and long pants.</p> <p>Use mosquito repellent.</p> <p>Consider using a mosquito net.</p> <p>Clean surroundings, dispose sources of stagnant water</p>
7. Sexually Transmitted Infections (STIs)	<p>are infections you can get by having unprotected sex with someone who has an infection.</p> <p>The following are the common sexually transmitted infections:</p> <ul style="list-style-type: none"> <li>• <i>Chlamydia trachomatis</i> is the most common bacterial cause of sexually transmitted genital infections in both men and women. Most affected persons are asymptomatic, meaning they do not show signs and symptoms of the disease thus becoming a reservoir for infection, which is evident in infants born to mother with an infected birth canal as these infants can have pneumonia and conjunctivitis. Common signs and symptoms for symptomatic persons include mucoid or watery discharge, and painful urination.</li> </ul>	<p>Yellowish to purulent discharges, itchiness, signs and symptoms differ depending on the specific causative agent/pathogen.</p> <p>Gonorrhea and Chlamydia are the two most common STIs and are treated together. Both infections are characterized by purulent vaginal/ penile discharge.</p> <p>Syphilis is characterized by a painless papule called a chancre.</p> <p>Infections caused by Human Papillomavirus are characterized by</p>	<p>ABCs of STIs prevention:</p> <p>A: Abstinence. Avoid pre-marital sex.</p> <p>B: Be faithful/loyal to one partner</p> <p>C: Consistent and Correct use of Condoms</p>

	<ul style="list-style-type: none"> <li>• Gonorrhea is caused by bacteria called <i>Neisseria gonorrhoeae</i>. It is a major cause of morbidity among sexually-active individuals worldwide, as it can cause urogenital infections in both men and women. In women, untreated gonorrhea can cause pelvic inflammatory disease (PID), infertility, ectopic pregnancy, and chronic pelvic pain. Common signs and symptoms include mucopurulent discharge, and for women, vaginal itchiness.</li> <li>• Syphilis is a sexually transmitted disease caused by the spirochete <i>Treponema pallidum</i>. The manifestations of this disease are notoriously variable, with different stages occurring over time in untreated infection. For primary infection, the most common sign is a painless genital ulcer. Untreated primary syphilis may progress to the secondary and tertiary stages where signs/symptoms include widespread rash and cardiovascular abnormalities, respectively.</li> </ul> <p>Human papillomavirus (HPV) infection is the most common sexually transmitted disease in the world. It manifests as condyloma acuminata (CA) also known as anogenital warts. The primary mode of transmission is through</p>	genital warts accompanied by itchiness/pruritus	
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	<p>sexual contact. The anogenital warts are typically found on the vulva, penis, groin, perineum, anal skin, perianal skin, and/or suprapubic skin. It can be single or multiple, flat, dome-shaped, cauliflower-shaped. Color also varies, it may be white, flesh-colored, red, brown, or hyperpigmented. It is usually soft, and its size range from 1 mm to a few centimeters in diameter. Occasionally it can be pruritic and cause discomfort. There are many types of HPV, the types associated with anogenital warts are HPV 6, and 11, while HPV 16, and 18 are associated with cervical cancer. A quadrivalent (HPV 6, 11, 16, and 18) vaccine is available for prevention of HPV infection.</p>		
<p>8. Human Immune Virus (HIV) and acquired Immune Deficiency Syndrome (AIDS)</p>	<p>two species of lentivirus from the family of retroviruses, that causes HIV infection and in overtime, Acquired Immune Deficiency Syndrome</p> <p>A condition in humans in which progressive failure of the immune system allows life-threatening opportunistic infections and cancers to thrive.</p> <p>It is transmitted via body fluids such as breast milk, placenta, semen, and blood. Commonly transmitted through sexual contact, other forms of transmission include (1) vertical transmission of mother to child via vaginal delivery. (2) Blood via sharing of</p>	<p>Fever, diarrhea, weight loss, swollen glands, fatigue / tiredness, white spots in the mouth, persistent dry cough</p>	<p>ABCs of HIV/AIDs prevention:</p> <p>A: Abstinence. Avoid pre-marital sex.</p> <p>B: Be faithful / loyal to one partner</p> <p>C: Consistent and Correct use of Condoms</p> <p>D: Do not inject drugs and share needles.</p>

	<p>needles or receiving/transfusion of donated blood infected with HIV.</p> <p>(3). Ingestion of breastmilk from infected mother. HIV can not be transmitted by touching, hugging, and kissing persons living with HIV (PLHIV).</p> <p>According to Center of Disease Control and Prevention (CDC), there are three (3) stages of HIV Infection.</p> <ul style="list-style-type: none"> <li>• Stage 1: Acute HIV Infection. At this stage, symptoms include fever, sore throat, prominent lymph nodes, rash, bone and/or muscle pains, diarrhea, and headache. An infected person has a large amount of HIV in his/her blood and is very contagious. In the early stages of infection while the body produces antibodies against HIV antigens, there is a period of time that an infected person might get a negative HIV result.</li> <li>• Stage 2: Chronic HIV Infection. This stage is also called asymptomatic HIV infection or clinical latency. At this stage, a person living with HIV (PLHIV) may not have any symptoms or get sick during this phase. The virus in the blood is low but is still transmissible. Medications are given in this period to prevent disease progression.</li> <li>• Stage 3: Acquired Immunodeficiency Syndrome (AIDS). This is the most severe phase of HIV infection, at this stage</li> </ul>		
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	a PLHIV has weak immune response that makes him/her vulnerable to opportunistic infection. The amount of virus in the blood is also very high, hence very infectious. Without treatment, a person with AIDS typically survives about three years.		
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## What's More

### Do It!

#### Activity 1

**Directions:** Read the common communicable diseases. Fill in the columns of signs and symptoms and effects. Write your answer in your activity notebook.

Communicable Diseases	Signs and Symptoms	Effects
1. Acute Respiratory infections		
2. Pneumonia		
3. Bronchitis		
4. Influenza		
5. Pulmonary Tuberculosis (PTB)		
6. Dengue		
7. Sexually Transmitted Infections (STIs)		
8. HIV and AIDS		

### Think of it!

#### Activity 2

**Directions:** Read carefully each statement. Determine whether the statement is true or false by putting a check (/) mark on the appropriate column. Write your in your activity notebook.

	Statement	True	False
1	Organisms like bacteria and viruses are all over the environment.		
2	Microorganisms that cause diseases are called pathogens.		
3	A cough of more than two (2) weeks with weight loss and night sweats is indicative more of pulmonary tuberculosis (PTB) than pneumonia.		

4	Stomachache is not a symptom that can be manifested by a communicable disease.		
5	All types of hepatitis can be transmitted via consumption of contaminated food and/or water.		
6	Dengue has four serotypes. A past infection from one serotype does not provide immunity to the other types.		
7	Wearing a face mask is not advisable when sneezing.		
8	All communicable diseases are sexually transmitted but not all sexually transmitted infections (STIs) are communicable diseases.		
9	Sharing needles, syringe, and handkerchiefs are not advisable.		
10	It is the nature of pathogens to invade their host through certain points of entry to cause morbidity.		



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

### **Activity**

**Directions:** Read the situations and give your own opinion. Write your answer in your activity notebook.

1. You have been suspected to have Pulmonary Tuberculosis (PTB) based on the symptoms you are experiencing. What will you do?  
\_\_\_\_\_.
2. A friend of yours who is engaged in promiscuous activities showed early signs and symptoms of Human Immunodeficiency Virus (HIV). What will you tell him/her?  
\_\_\_\_\_  
\_\_\_\_\_.



## ***What I Can Do***

**Directions:** Using the organizer below. Identify five (5) communicable diseases and its preventive measures. Write your answer in your activity notebook.

<b>Communicable Disease</b>	<b>Signs and Symptoms</b>





## Additional Activities

### Last Try!

**Directions:** Interview the elders in your family. Ask about the effects and common communicable diseases being experienced in your family members. Create an infographic. Write in your activity notebook.

Common Communicable Diseases	Action/Treatment Done by the Health Personnel	Effects
Example: (Tuberculosis)	maintenance medications (include the specific medicines)	(Isolated from other members of the family in the first few weeks of medication)
1		
2		
3		
4		
5		

## Lesson

# 2

## Misconceptions, Myths, and Beliefs about Common Communicable Diseases

We need to correct myths and misconceptions about communicable diseases to properly educate the people. The improvement of technology can support in refuting the myths about diseases. It is essential to correct the myths, so people would not go into confusion and panic. Spreading wrong information is just like a contagious disease.



## What's In

**Directions:** Using the organizer below, identify (5) communicable diseases and its Immediate action of a person has the disease. Write your answer in your activity notebook.

Communicable Disease	Immediate Actions



## What's New

### Think of It!

**Directions:** Write **Fact** on the blank provided if the statement is true and **Misconception** if it is not true. Write your answer in your activity notebook.



Illustrated by Ruth Elman

- \_\_\_\_\_ 1. Only Aedes aegypti mosquito causes dengue fever.
- \_\_\_\_\_ 2. All cases of dengue should be admitted at the hospital.
- \_\_\_\_\_ 3. Aedes Aegypti mosquitoes are active only at dawn and at dusk.
- \_\_\_\_\_ 4. A negative HIV result in the first few weeks following an exposure signifies no infection and does not need to be retested.
- \_\_\_\_\_ 5. Showering in the rain causes the common cold.
- \_\_\_\_\_ 6. Direct contact of electric fan to one's back can cause pneumonia.
- \_\_\_\_\_ 7. Tuberculosis is a genetic/hereditary ailment.
- \_\_\_\_\_ 8. An asymptomatic partner of someone who has a sexually transmitted infection should also be treated.
- \_\_\_\_\_ 9. Building strong resistance is one of the ways for TB prevention.
- \_\_\_\_\_ 10. Chest and back pain for more than a month are symptoms of Tuberculosis.



## What is It

### Activity: Reading Time!

**A misconception** is a conclusion that is wrong because it is based on faulty thinking or facts that are wrong. It is usually resulting from incorrect view or opinion based on wrong understanding. The **Fact** is information that is proven by experts in the form of a research study.

Communicable Diseases	Misconception	Fact
1. Acute Upper Respiratory Tract Infection	If I take antibiotics, I will not spread my illness to others	Most cases of acute upper respiratory tract infection (URTI) are caused by viruses and is self-limited. Antibiotics have no role in treating viral infections except in cases that there is co-infection with bacteria. Self-medicating with antibiotics is also prohibited as it induces antibiotic resistance.

2. Pneumonia	Antibiotics always cure pneumonia	Pneumonia is not always treatable by antibiotics. Although most cases of Community Acquired Pneumonia (CAP) are caused by bacteria, some are caused by certain viruses. In such cases antibiotics will not work. However, in the Philippine Clinical Practice Guidelines on diagnosis, and management of CAP, empiric therapy with antibiotics is the standard treatment for pneumonia.
3. Bronchitis	Children are more susceptible in getting bronchitis than adults.	Adults are more susceptible to have bronchitis than children. Acute bronchitis is one of the top reasons for physician consult in the adult population. Risk factors that put adults to be more susceptible include cigarette smoking, and exposure to pollution and dust. The most common cause for bronchitis is viruses. Approximately 95% of cases are caused by viruses as compared to bacteria.
4. Influenza	People do not need to get vaccinated if they are healthy	Anyone can contract influenza and be fit and healthy does not protect against infection.
5. Pulmonary Tuberculosis (PTB)	There is no cure for TB; it means sure death	Pulmonary Tuberculosis is curable. Effective Anti-TB medicines have been available since 1950. The Department of Health has a National Tuberculosis Control Program. This includes establishment of Tuberculosis Directly Observed Treatment, Short-course or TB DOTS which aims to diagnose, treat, and control Pulmonary tuberculosis in communities.
6. Dengue	Mosquitoes carrying the virus causing dengue fever breed in sewer water and river water.	Mosquitoes breed in the backyard, at home, in stagnant water from old trees and used tires, trash cans, flowerpots, and pools.
7. Sexually Transmitted Infections (STIs)	One can get an STD from the toilet seat.	One cannot acquire an STD by sitting on a toilet bowl.
8. HIV and AIDS Human Immune Virus (HIV) and acquired Immune Deficiency Syndrome (AIDS)	A person can contract HIV from touching someone who has it	People cannot transmit or contract HIV simply by touching



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

### **Say It!**

**Directions:** In your own opinion answer each question. Write this in your activity notebook.

1. Why do we need to correct myths and misconception about communicable disease?

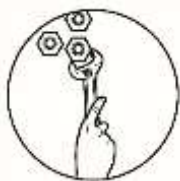
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2. To whom we consult the fact information about communicable disease?

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## ***What I Can Do***

### **Observe, Reflect, and React**

#### **Activity 1**

**Directions:** Observe the pictures below and give your reflection and reaction. Write it in your activity notebook.

### **The Cough Etiquette**

**A**



**B**



<p>Analysis.</p> <p>What do you see in picture A? Do you think this is a very fast way to infect other people with diseases? Prove your contention.</p> <p>Share your analysis to the class, your family and friends</p>	<p>Evaluate yourself.</p> <p>Look at picture B. Which of these 6 prevention tips do you strictly practice and why? What is its effect on you? Which of these six prevention tips do you hardly practice and why? What is its effect on you? So what are you planning to do now?</p>
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Illustrated by Ruth B. Elman

## Find Me! Activity 2

**Directions:** Complete the sentence. Choose your answer inside the box . Write your answer in your activity notebook.

Health	spread	house	nutritious	avoid	communicable
Bathe	glass	wash	mouth	infecting	contamination

1. \_\_\_\_\_ every day to keep your skin, hair, and nails clean.
2. Avoid sharing \_\_\_\_\_ or drinking utensils.
3. Store and prepare food in a safe way to prevent food \_\_\_\_\_.
4. \_\_\_\_\_ your hands after using the toilet and before eating.
5. If you are sick, avoid \_\_\_\_\_ others.
6. Cover your \_\_\_\_\_ when coughing.
7. Beware of mosquitoes that \_\_\_\_\_ dengue at dawn and dusk.
8. Keep the \_\_\_\_\_ and the vicinity clean.
9. Take good care of your \_\_\_\_\_.
10. Keep your immune system health by eating \_\_\_\_\_ food.

Prevention and control of common communicable diseases are the clinical application of microbiology in practice. Infection may be caused by bacteria, fungi, viruses, or prions and can result in a wide variety of infections.

**Lesson****3**

# Prevention and Control of Communicable Diseases



## *What's In*

**Directions:** Write down a misconception about communicable disease and write a fact about it. Write your answer in your activity notebook.

Communicable Disease	Misconception	Fact



## *What's New*

**Think of me!**

**Directions:** Write the key words that are related to the given acronym PREVENTION. Use the given letters as initial of your answers. Write in your activity notebook.

<b>P</b>	
<b>R</b>	
<b>E</b>	
<b>V</b>	
<b>E</b>	
<b>N</b>	
<b>T</b>	
<b>I</b>	
<b>O</b>	
<b>N</b>	



## What is It

Communicable diseases are those diseases that may be transmitted from one person to another person. To avoid these, keeping personal hygiene, like taking a daily bath and washing your hands frequently, is considered as the basic step in the prevention and control of diseases.



Let us learn these healthy habits to protect ourselves and others from diseases and prevent germs and infectious diseases from spreading.




### What are Prevention and Control?

Prevention and Control are scientific approaches and practical solutions designed to prevent harm caused by infection to patients and health workers.

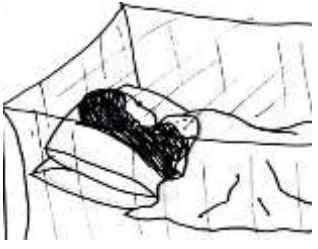


Infection prevention and control are quality standards and essentials for the safety of patients, visitors, and workers.

### Prevention and Control of Common Communicable Diseases

<p><b>1. Acute Respiratory Infection</b></p> 	<ul style="list-style-type: none"> <li>• Wash hands often especially after using public comfort rooms</li> <li>• Minimize close contact with people who have coughs or/are sneezing</li> <li>• Cover your mouth and nose when coughing and sneezing to prevent infections from spreading.</li> <li>• Boost your immune system by eating fruits and vegetables rich in vitamin C.</li> <li>• Ensure you are vaccinated against preventable respiratory diseases. Vaccines such as Hib, RSV, dTAP, and Flu.</li> <li>• Consult a physician if symptoms persist and take your medicine as prescribed.</li> </ul>
<p><b>2. Pneumonia</b></p> 	<ul style="list-style-type: none"> <li>• Get vaccinated with pneumococcal vaccine.</li> <li>• Wash your hands regularly, especially after you go to the bathroom and before you eat.</li> <li>• Eat right, with plenty of fruits and vegetables.</li> <li>• Exercise</li> <li>• Get enough sleep</li> <li>• Do not smoke</li> <li>• Stay away from sick people, if possible. Or wear personal preventive equipment (PPE) such as masks.</li> <li>• Consult a physician if symptoms persist and take your medicine as prescribed.</li> </ul>

<p><b>3. Bronchitis</b></p> 	<ul style="list-style-type: none"> <li>• Practice proper handwashing.</li> <li>• Don't smoke</li> <li>• Insist that others do not smoke in your home.</li> <li>• Stay away from or try to reduce your time around things that irritate your airways such as pests, and pollution.</li> <li>• Cover your nose and mouth when someone is coughing and /or sneezing.</li> <li>• Practice sneezing and cough etiquette.</li> <li>• Do not smoke.</li> <li>• Insist that others do not smoke in your home.</li> <li>• Consult a physician if symptoms persist and take your medicine as prescribed.</li> </ul>
<p><b>4. Influenza</b></p> 	<ul style="list-style-type: none"> <li>• Get vaccinated with flu vaccine yearly.</li> <li>• Wash hands frequently to reduce your risk of catching colds and flu.</li> <li>• Avoid smoking and smoky places.</li> <li>• Cover your nose and mouth when someone is coughing and/or sneezing.</li> <li>• Practice sneezing and cough etiquette.</li> <li>• Keep your immune system healthy by: <ul style="list-style-type: none"> <li>- Eating nutritious foods</li> <li>- Having regular exercise</li> <li>- Keeping stress level low</li> <li>- Drinking a lot of water, at least 8 to 10 glasses a day</li> </ul> </li> <li>• Consult a physician if symptoms persist and take your medicine as prescribed.</li> </ul>
<p><b>5. Tuberculosis</b></p> 	<ul style="list-style-type: none"> <li>• Ask if you were given a BCG vaccine as a newborn. If not, get vaccinated.</li> <li>• Eat nutritious and adequate meals.</li> <li>• Cover your nose and mouth when someone is coughing and/or sneezing. Likewise, cover your nose and mouth when coughing and sneezing.</li> <li>• When spitting, use pieces of tissue then dispose of them properly. Do not spit on the ground.</li> <li>• Practice proper handwashing.</li> <li>• If a family member is recently diagnosed with PTB, isolate them in the first two weeks of medication as they are still infectious. Do not share utensils, glasses, towels, and other personal items. Encourage compliance with medications and follow-up consults. Wear N95 masks.</li> <li>• Keep the house clean and well-ventilated to allow fresh air to circulate.</li> </ul>



<p><b>6. Dengue</b></p> 	<ul style="list-style-type: none"> <li>• Follow the DOH 4S Strategies against Dengue: Enhanced 4S Strategy S - earch and Destroy S - eek Early Consultation S - elf Protection Measures S - ay yes to fogging only during outbreaks.</li> <li>• For self-protection measures, you may:</li> <li>• Wear long-sleeve shirts and long pants.</li> <li>• Use EPA-registered mosquito repellent like DEET.</li> <li>• Consider using a mosquito net.</li> </ul>
<p><b>7. Sexually Transmitted Infections (STI)</b></p> 	<ul style="list-style-type: none"> <li>• Observe abstinence from sexual intercourse.</li> <li>• Practice sexual fidelity to one partner.</li> <li>• Practice correct, and consistent use of condoms.</li> <li>• Do not do drugs. Do not share needles, and syringes,</li> <li>• In the event of an infection inform your partner so they can be treated as well.</li> </ul>
<p><b>8. Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS)</b></p> 	<ul style="list-style-type: none"> <li>• Observe abstinence from sexual intercourse</li> <li>• Practice sexual fidelity to one partner.</li> <li>• Practice correct and consistent use of condoms.</li> <li>• Do not do drugs. Do not share needles, and syringes.</li> <li>• If highly suspicious because of possible exposure get tested and inform partner.</li> </ul>

Illustrated by Ruth B. Elman



## What's More

### Activity

**Directions:** Copy and answer in your activity notebook. Read the first column "When the following happens..." and read the second column, "What will I do?" Connect them using a line and put a checkmark on each appropriate box.

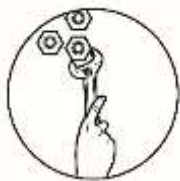
When the following happens...	What will I do?	YES	NO
By understanding the chain and stages of infection	I will intervene to prevent infections from developing.		
When I acquire infection	I will observe the signs and symptoms of infections.		
When there are symptoms and signs	I will take appropriate actions to prevent its spread.		
If the symptoms and signs persist	I will see the appropriate doctor/medical specialist.		



## What I Have Learned

**Directions:** Read the questions below then answer it in your activity notebook.

1. Give at least three communicable diseases and its preventive measures.
2. How can you prevent communicable diseases?



## What I Can Do

**Directions:** Analyze the following questions and write your reactions in your activity notebook.

1. If you have a toddler brother who is very sickly, what do you think is the reason why he is very prone to illness? What will you do?

**ACTION:** What would be your advise to prevent from being ill?

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2. Inside your classroom, your best friend is sick. What will you do?

**ACTION:** What will you advise your best friend?

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## Assessment

### Multiple Choice

**Directions:** Read the questions with comprehension and write the letter of the correct answer in your activity notebook.

1. How does Human Immunodeficiency Virus (HIV) infection be transmitted?  
A. by kissing  
B. sharing utensils  
C. by holding hands  
D. none of the above
2. Which of the following is an airborne disease caused by mycotacterium?  
A. Bronchitis  
B. Pneumonia  
C. Sexually Transmitted Infections (STI)  
D. Tuberculosis (TB)
3. When is handwashing recommended?  
A. Before and after eating  
B. After using the bathroom  
C. After sneezing and /or coughing  
D. All of the above
4. How does Human Immunodeficiency Virus (HIV) infection be transmitted?  
A. by kissing  
B. sharing utensils  
C. holding hands  
D. none of the above
5. Which of the following activities does NOT prevent Pneumonia?  
A. Maintaining a healthy lifestyle by exercising and eating a balance diet.  
B. Using masks and practicing social distancing  
C. Quit smoking and use vape instead.  
D. Proper handwashing.
6. When there are symptoms and signs of an illness, what will you do?  
A. Buy and take the medicine immediately.  
B. Consult a physician  
C. Just sleep in the bed for the whole day.  
D. Post in social media
7. What transmissible respiratory illness is caused by viruses that infect the nose, throat and sometimes the lungs and cause flu?  
A. Bronchitis  
B. Influenza  
C. Pneumonia  
D. Tuberculosis
8. Who will you consult if you have cough for more than two weeks?  
A. mother  
B. physician  
C. teacher  
D. nurse
9. Which of the following is the best way to avoid dengue virus?  
A. Observing and maintaining cleanliness inside and outside of your house.  
B. Wearing short sleeves and shorts in endemic areas.  
C. Stocking water in water drums and leaving it open 24 hours.  
D. Using unregistered mosquito repellent readily available.
10. Which disease is characterized by inflammation and infection of air sacs in one or both lungs?  
A. Bronchitis  
B. Colds  
C. Pneumonia  
D. Tuberculosis

11. Which is NOT a contagious disease?  
A. Allergy      B. Bronchitis      C. Influenza      D. Pneumonia
12. Which is TRUE in the management of acute respiratory tract infections?  
A. If the causative agent is bacteria, drinking plenty of water and rest is sufficient, antibiotic treatment is not needed.  
B. If the causative agent is a virus, antibiotic treatment is needed.  
C. If a causative agent is a virus, antibiotic treatment is not needed.  
D. None of the above
13. What is the best preventive measure to avoid the spread of communicable diseases?  
A. Proper handwashing with soap and water.  
B. Eating balance diet.  
C. Going out to public places without face mask and face shield.  
D. Self-medicate with over-the-counter drugs.
14. Which is a misconception about communicable diseases?  
A. Antibiotics always cure pneumonia.  
B. Children are more vulnerable to have bronchitis as compared to adults.  
C. People do not need to get vaccinated if they are healthy.  
D. Pulmonary tuberculosis can be treated.
15. What is the proper etiquette when coughing or sneezing?  
A. Cough or sneeze into your upper sleeve or elbow  
B. Use disposable tissue and dispose properly after using.  
C. Wear face mask when coughing or sneezing.  
D. All of the above



## ***Additional Activities***

### **WHAT NOW?**

**Do you believe that you can do great things to prevent the spread of communicable diseases? Adapt the quotation that says “Ako ang simula.”**

As a student, what can you do to make our environment clean and keep ourselves free from disease?

Use these guides to come up with a ***Personal Daily Journal***.

Title: Making Small Things to Prevent the Spread of Diseases.

How? Before you sleep, write down on your journal what you have done for that day. I refuse to go to a gathering where health protocols were not followed.

You can write in your journals every day and you are free to adapt a strategy on how to do it. You can also make posters.

Decide on what to do to demonstrate your understanding of the general methods of disease prevention and control.



## Answer Key for Lesson 1

<b>What I Know</b> 1. B 2. B 3. A 4. C 5. D 6. D 7. C 8. A 9. B 10. B 11. D 12. D 13. A 14. C 15. A	<b>What's New</b> (answers may vary) <b>What's More Activity 1</b> 1. Congestion, either in the nasal sinuses or lungs 2. Shortness of breath 3. Chest congestion or tightness 4. Aching muscles 5. A persistent cough 6. Sudden high fever 7. Sores or bumps on the genitals or in the oral or rectal part 8. Persistent, unexplained fatigue	<b>What I can do</b> 1. B 2. A 3. D 4. C 5. F 6. E 7. J 8. H 9. I 10. G	<b>What's more Activity 2</b> 1. True 2. False 3. True 4. False 5. True 6. True 7. False 8. False 9. True 10. True
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## Answer Key for Lesson 2

<b>What's In</b> Answers may vary	<b>What's New</b> 1. Fact 2. Misconception 3. Fact 4. Misconception 5. Misconception 6. Misconception 7. Misconception 8. Fact 9. Fact 10. Fact	<b>Assessment</b> 1. Bathe 2. Glass 3. Contamination 4. Wash 5. Infecting 6. Mouth 7. Spread 8. House 9. Health 10. Nutritious
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## Answer Key for Lesson 3

<b>What's In</b> Answers may vary	<b>Activity 1</b> 1. Consider using mosquito net. 2. Observe abstinence from sexual intercourse 3. Quit smoking 4. Don't smoke 5. Eat nutritious and adequate meals 6. Avoid sharing needles 7. Have plenty of vitamin c 8. Wash hands frequently	<b>Assessment</b> 1. B 2. D 3. D 4. A 5. C 6. B 7. B 8. B 9. A 10. C 11. A 12. C 13. A 14. D 15. D
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